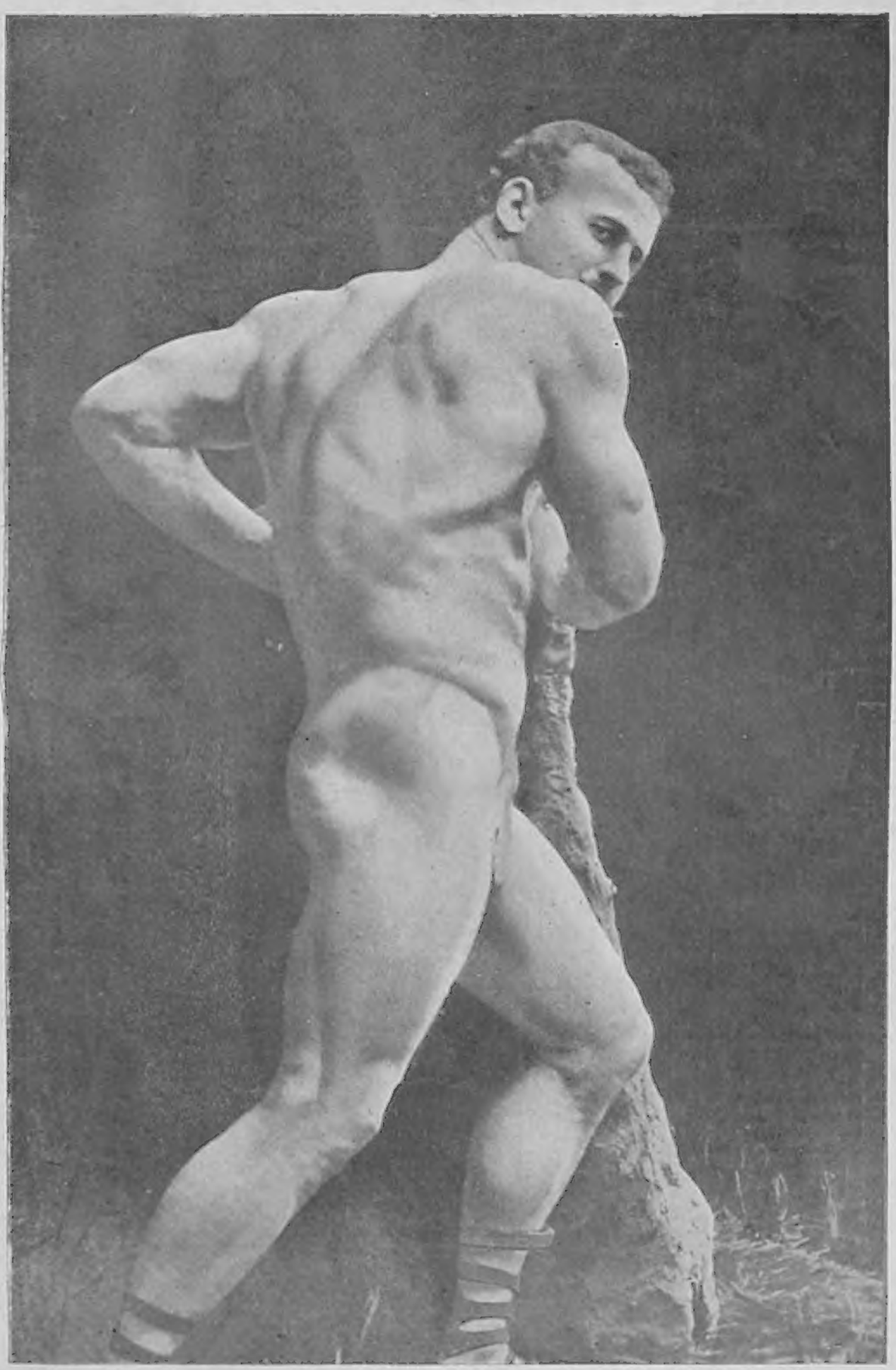
BEHIND THE SCENES IN PATENT MEDICINE MAKING. See Inside. 2d.

Sandow's Illustrated Weekly Magazine

126



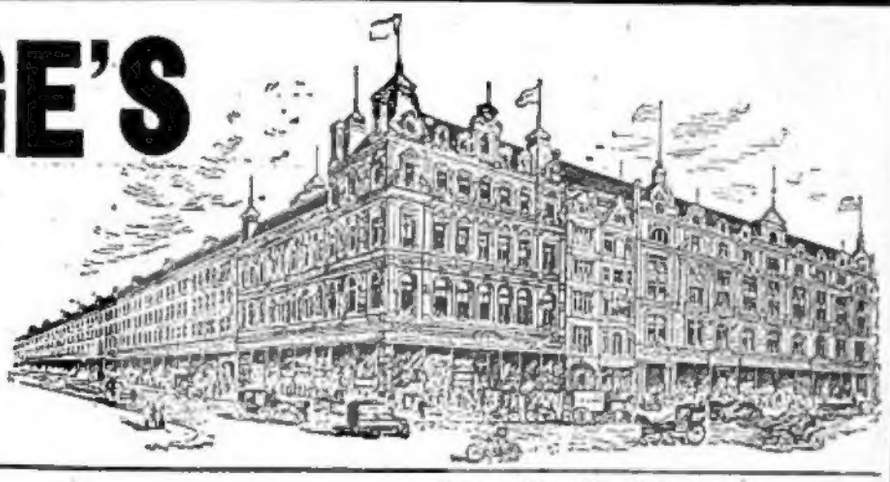
THE EDITOR (EUGEN SANDOW.)

Digitized by Google

GAMAGE'S

The World's Best and Cheapest Sports Outfitters,

WITH A REPUTATION IN HOLBORN OF OVER 25 YEARS.



New Sports List Free.

Football Shirts.

No. 2. 2in. Stripes.
Flannelette, A Quality ... *2/1*
Flannelette, B Quality ... *2/9*
Red and White Navy and Red
Sky and White Black and White
Navy and White Black and Red
and practically all colours.
Boys' Sizes, up to 14 in. neck, *3d.* less.

Goal-Keepers' Gloves.
Washleather, faced leather *2/11*
White Buck, red rubber back and front *3/6*

FOOTBALL KNICKERS.

Strong Swansdown or navy blue Serge, 24 to 42 in. waist *1/4*
White Lambskin or navy blue Serge, 24 to 28 in. waist, Boys' *1/8*
Ditto 30 to 34 in. waist, Men's ... *1/10*
White Lambskin (super. quality), 24 to 28 in. waist, Boys' *2/8*
Ditto, 30 to 42 in. waist, Men's ... *2/10*
Strong navy blue or black Serge, 24 to 28 in. waist, Boys' *2/8*
Ditto, 30 to 42 in. waist, Men's ... *2/11*

Don't get Wet Feet!

"THE GAMKICK."

IS WATER-PROOF. Fine Boot expressly designed to give great kicking power. Ample support to the ankles. In Waterproof Scotch Chrome Bars or Studs. 8/6. Boys' sizes to 7/6.

8/6

10/6 **10/6**

Football Jerseys.

No. 14. Pull over neck.
1 in. Stripes (any two colours).

Chest	24	26	28	30	32	34	36 in.
Quality A	2/4	2/6	2/8	2/10	3/-	3/2	3/4
Quality B	2/9	3/-	3/3	3/6	3/9	4/-	4/3

A quality in stock. B quality to order.

No. 24. Striped or Harlequin Rugby Jerseys. With White Linen Collar. Any Combination to order, of not less than one dozen.

Hoop Stripes, (any width).
White, with 1 Coloured Stripe ... *54/-* doz.
Ditto, Superior Quality ... ... *66/-* ,,
White, with 2 Coloured Stripes... *60/-* ,,
Ditto, Superior Quality... ... ... *72/-* ,,

GAMAGE'S FORWARD, has specially-blocked toes, is moderately light, so as not to detract from the player's speed. Very firm, and a fine shooter. All Scotch Waterproof Chrome, Price *8/11*, Bars or Studs.

Makers of the famous "Universal" Boot, in Russet Calf. A well-made Boot, Bars or Studs *5/11*
Boys' Sizes *4/11*
WRITE FOR CATALOGUE.

FOOTBALL STOCKINGS.
Gamage's New Stripe Top Stockings, Plain Ribbed Legs, Black or Navy Blue, Tops to turn down.
Special Club Colours to order in a few days.
All sizes, plain legs ... *2/-* pair.
,, ribbed legs *2/6* ,,

The Most Perfect Ball produced. Six symmetrical sections. Each Section Hammered and Stretched before being made. Cases entirely Waterproof. Extra strong special "Referee" Bladder.

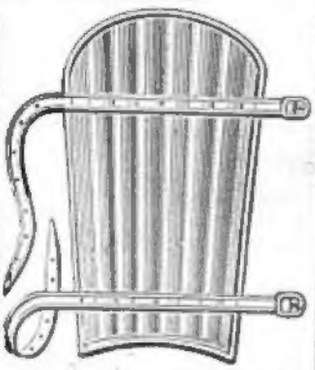
The "Referee" Ball with Cap, 10/6. Rugby shape same price.

ALL POST FREE.

Other well-known Gamage Footballs: The "Holborn" (Rugby or Association), 6/3. The "Army" (Association), 9/6. The "Defiance" (Association or Rugby), 6/6. The "Universal" (Association), 4/3. The "School" (Rugby or Association) 5/3. Postage 4d. Every Ball magnificent value.

SHIN GUARDS.

Strong Linen Canvas Cane-protected with continuous Straps and Buckles ... *9½d.*
Leather ... *1/-*
2. Leather Lined Chamois ... *1/6*
4. Tan Cape, lined Chamois ... *2/3*
5. Best Sole Leather .. *2/6*
6. Best Gold Cape, Chamois Lined ... *3/6*
Postage 2d.



A. W. GAMAGE, Ltd., Holborn, London, E.C.

NOV 1905 LIBRARY

Digitized by Google

PLASMON

QUICK LUNCHEONS.

Plasmon Luncheon Packet,

Invaluable for Motorists, Cyclists, night work, long journeys, etc. Extremely sustaining and satisfying. A sufficient meal for three or four hours

In boxes at **6d.** each.

PLASMON, Duke Street, Grosvenor Square, W.

RINGS CASH or EASY PAYMENTS.

FAR BELOW LONDON PRICES.

EASY TERMS. **2/6** WITH ORDER Send size of Ring.

SOLID GOLD **30/-** Engraved with any Crest or Monogram

RING PRICE LIST 10/6 to £5 0 0 POST FREE.

MASTERS' Diamond and Ruby 18-ct. Gold Ring, 30/- on EASY TERMS. Send 2/6, pay a further sum on receipt, and 5/- monthly, or 27/- cash. Rings, £5, etc. Ring list free. (Estab. 1869).

MASTERS, Ltd. 367 HOPE STORES, RYE, Eng.

SEND **2/6** WITH ORDER

No. 3535 Solid Gold Signet Ring. 9ct. 28/-; 18ct. 47/6.

No 3496 solid Gold Signet Ring. 9ct. 21/6; 18 ct. 56/-

Easy Terms for 30/- Ring.

——Send 2/6 with order, pay a further sum on receipt and balance 5/- monthly and you have the ring to wear while paying for it. Other rings similar terms. Send for new ring booklet.

J. N. Masters, Ltd., 367 Hope Stores, Rye, Eng'd.

Youth & Vigour

TO ALL

MEN.

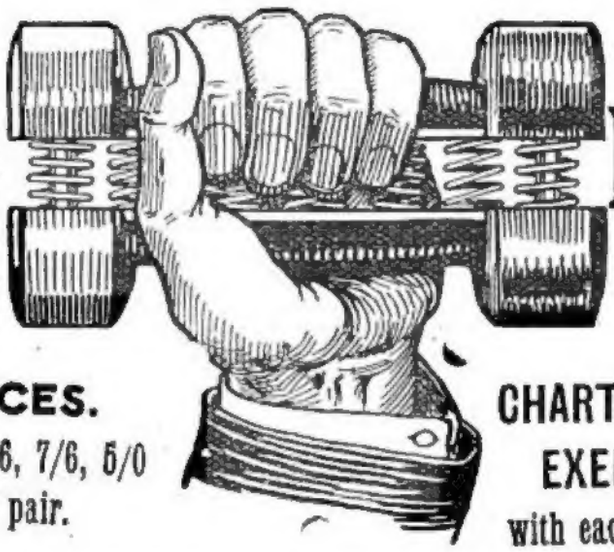
EVERYONE who is suffering should write for this **Prescription.** No matter how weak and debilitated you are, nor of how long standing your disease may be; you should seize this opportunity of being cured. It matters not how your disease has been acquired, nor how many medicines or treatments you have tried without obtaining a cure; **I guarantee** a restoration to **Health, Strength,** and **Vigour** by the use of my Prescription. This Prescription has obtained a world-wide fame, and has cured many thousands of sufferers from these most distressing and weakening maladies. It renews Manhood and gives Health, Strength, and Vigour to the Weak. Stops all drains and losses. It cures Nervous Debility in every form, Lost Manhood, Youthful Imprudence, Loss of Energy, Loss of Vital Power, Seminal Weakness, Dimness of Sight, Impotence, Despondency, Melancholy, Evil Forebodings, Wasting Decay, Pains in the Loins, Pimples and Eruptions on the Face and Body, Loss of Memory, Confusion of Ideas, Palpitation of the Heart, Frightful Dreams, Emaciation, Fœtid Breath, Brain Fag, Nervousness, Low Spirits, Timidity, Varicocele, Spermatorrhœa, Diseases of the Bladder, Weakness of the Genital Organs, and all Diseases of the Urinary Organs, &c., &c. Write to-day, and take advantage of the cure offered to you. It will cost you nothing, and will make your life bright and happy. Send stamped addressed envelope to **W. Gray, Esq., Sutton House, Wood Green, London, N.** (Name this Paper).

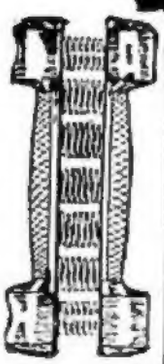
Digitized by Google

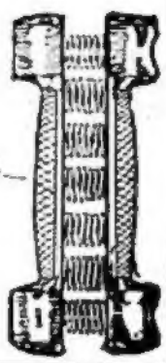
SANDOW'S SPRING GRIP DUMB BELLS

FOR MEN & BOYS.

FOR LADIES & GIRLS.







PRICES.

12/6, 10/6, 7/6, 5/0 per pair.

CHART OF EXERCISES with each pair.

THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.

The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **One Pair will suffice him for all time.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"Grip" Dumb-Bell,** upon the merits of which I need not enlarge.

I have always taught that muscle is developed **by will-power,** not by mechanical movement, and the simple principle of this latest invention is, by calling forth a **continual Exercise of will-power, to obtain results impossible with any previous Dumb-Bell.**

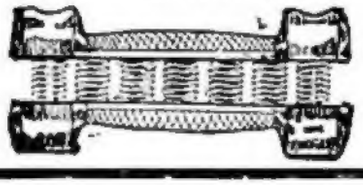
Yours faithfully,

EUGEN SANDOW.

The Dumb-bells can be had from Athletic Outfitters, Sporting Goods Dealers, and Our Agents throughout the World, as well as direct from The

Sandow's Grip Dumb-bell Co.,

SANDOW HALL, SAVOY STREET, LONDON, W.C.



Digitized by Google

Do you suffer from **ANÆMIA ?** Then take **Nervigorine**

Do you suffer from **BACKACHE ?** Then take **Nervigorine**

Do you suffer from **BRAIN-FAG ?** Then take **Nervigorine**

Do you suffer from **DEBILITY ?** Then take **Nervigorine**

Do you suffer from **DECLINE ?** Then take **Nervigorine**

Do you suffer from **DEPRESSION ?** Then take **Nervigorine**

Do you suffer from **DYSPEPSIA ?** Then take **Nervigorine**

Do you suffer from **INDIGESTION ?** Then take **Nervigorine**

Do you suffer from **LASSITUDE ?** Then take **Nervigorine**

Do you suffer from **MELANCHOLIA ?** Then take **Nervigorine**

Do you suffer from **NERVOUSNESS ?** Then take **Nervigorine**

Do you suffer from **PALPITATION ?** Then take **Nervigorine**

Do you suffer from **SLEEPLESSNESS ?** Then take **Nervigorine**

NO OTHER ARTICLE CAN SO RAPIDLY RESTORE A SHATTERED CONSTITUTION.

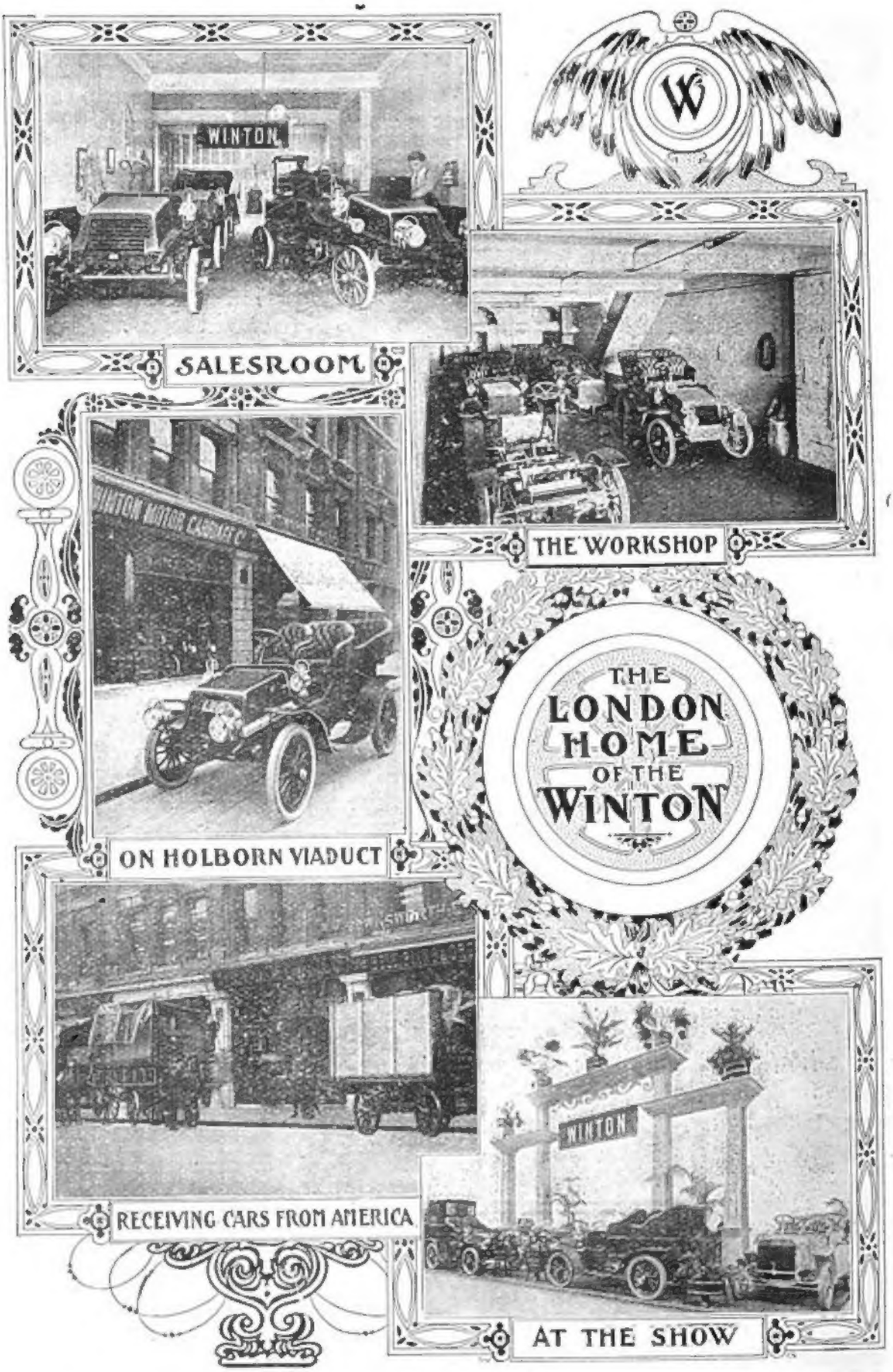
Its Action is Immediate.

In Bottles, 2/9, or by post, 3/-.

To be obtained from all Chemists, or from the Proprietors—

"The Nervigorine Syndicate," 261 & 262 Temple Chambers, Temple Avenue, London, E.C.

Digitized by Google



48, HOLBORN VIADUCT, LONDON, E.C.

Write for Catalogue No. 5.

Digitized by Google

Contents.

NOTES FROM MY NOTE-BOOK. By THE EDITOR 591
A PEEP BEHIND THE SCENES IN PATENT MEDICINE MAKING 594
THE KING OF GREECE AND THE OLYMPIAN GAMES 597
ON GETTING BACK TO THE LAND 600
COLD CATCHING AND CLOSED WINDOWS. By ERNEST WENTWORTH, M.D. 601
HEALTH AND GOOD CHEER. By J. H. KELLOGG, M.D. 602
THE "DUMMY" 603
SANDOW MAGAZINE READERS' CLUB 604
FIRST AID IN FOOTBALL INJURIES. By T. J. PRYCE JENKINS, M.R.C.S. Eng., L.R.C.P. Lond. Illustrated by F. F. BUSH 606
DOES MUSCLE MAKE MEN SLOW? By WARWICK M. VARDON 611
BEER-DRINKING AMONG STUDENTS IN GERMANY—II. 613
THE PHYSICAL ASPECT OF SPORTS. By A. B. PASCOE 614
HERE, THERE AND EVERYWHERE 617
ON AND OFF THE WRESTLING MAT. By "LANCASTER" 618
MILITARY DRILL AT SCHOOLS 619
HINTS FROM SANDOW AND ANSWERS TO CORRESPONDENTS 620
ENERGY IN BUSINESS 621

How to deal with Hooligans and Street Roughs.

KATA

OR

JAPANESE SELF-DEFENCE.

Taught PERSONALLY and by POST.

No Fancy Fee.
A Manly Exercise.
A Valuable Accomplishment.
Easily Learnt.

Send postcard for full particulars to "KATA," 528 WEST GREEN RD., London, N.

Mention "Sandow."

DELICIOUS **COFFEE.**

RED WHITE & BLUE

For Breakfast & after Dinner.

Digitized by Google

VICTORIOUS JAPAN.

JIU JITSU is the most wonderful system in the world of all-round physical culture and self-defence. It has made the Japanese, though small of stature the Greatest Athletes in the world, and made them the superiors of Western people in health, endurance, vitality, and cheerfulness of temperament. JIU-JITSU was for hundreds of years the closely-guarded secret of the powerful samurai, hereditary fighters of Japan. Strategy and skill are its basis. A mysterious art of self-defence by which the well-trained Jiu-Jitsian, man or woman, is able to meet and defeat at all points the fistic expert much larger and stronger than themselves. The weaker man, if skilled in JIU-JITSU, is able to vanquish his stronger, but unversed opponent. TAUGHT BY POST with perfect success. Mr. Kara Ashikaga, of Tokio, has arranged a correspondence course which completely and successfully teaches this marvellous system by post. It develops health, strength, and endurance. It positively cures constipation, dyspepsia, indigestion, corpulency, loss of vitality, and improves the mental capacity. In order to show how marvellous this system is, we will send explanatory booklet, full particulars, and

ONE LESSON FREE,

which teaches one of the numerous Japanese methods of defeating a dangerous assailant.

THE ASHIKAGA SCHOOL OF JIU-JITSU, 10, Electric Buildings, Maryland Street, Liverpool.

RAPHAEL TUCK'S NEW XMAS PARTY MASKS, 12 assorted for *2/6*. Sample set of 6 for *1/6*.
SECURE AT ONCE.

Look!
100
Tuck's Xmas Cards for a Shilling
With 20 Folders.

Send early this year and prevent disappointment.
RAPHAEL TUCK'S LOVELY XMAS CARDS.
Big Bargain Bundle with Envelopes, 15 stamps, post paid.
Gasket La Grande.
24 Tuck's Superb Xmas Cards, 2/6
With Art Celluloids.
25 for 6d. Comic Xmas Postcards 12 for 3d.

Tuck's Folding Designs.
40 for 1s.
CLUSTER DE LUXE.
Tuck's Folding Designs.
20 for 6d.

All Raphael Tuck's folding designs with envelopes 2 stamps extra post paid.
CHOICE CLUSTER of 10 of TUCK'S XMAS CARDS as a SAMPLE, 4 Stamps.
Big Box of Ten Toys for a Shilling.
TOM SMITH'S CRACKERS.
3 boxes 1/6, single box 9d., carriage paid. Send early.

T.B.L., King's Premises, Savoy Corner, Strand, London.

Strength by Mail!

My system is different to all others. I train **you** individually. No set forms of exercise for one and all. Health is the aim—strength follows. Everyday ailments and physical defects cured **under guarantee.** An ideal system of Home Training for busy men and women.

PHYSICAL CULTURE AND SPORTS.

Home Training is a most important aid in preparing the muscles for exertion in any sport or pastime, and maintaining condition when participation in your favourite sport is temporarily impossible. *All our leading athletes use special exercises for keeping fit when not working.*

If you desire to improve yourself with a view to excelling in **any** sport or pastime, or if troubled with any complaint or defect, such as indigestion, emaciation, nervous troubles, rounded shoulders, flat chest, etc., send me a post-card, and I will mail, gratis, my book "Health at Home," with terms and full particulars. Confidently recommended by Editors of **all** Physical Culture Magazines.

Delays are dangerous—**do it now**—Delays are dangerous

T. INCH, Physical Culture Expert (*Dept. E.*),
The Broadway, Fulham, London, S.W.
(Ladies please address "Ladies'" Dept. E, for "Health, Strength, and Beauty" Booklet and terms.)

SPECIAL NOTICE.

The Latest Picture of Mr. Sandow, which appeared in our issue of Jan. 19th, depicting him in a new pose, will appeal to many of our readers. As a limited number only were printed on fine art paper, suitable for framing, early application should be made in order to secure a copy to the Manager, "Sandow's Magazine," 131 Temple Chambers, London, E.C., price 6d. (post free).

THE ANGLO-JAPANESE INSTITUTE

TEACH

— JU-JITSU, —

The JAPANESE system of self-defence and physical development and other methods of **DEFENCE,** attack and development, personally and by post, at 3 Vernon Place, Bloomsbury Square, W.C.

Professor UYENISHI, instructor to the Army at Aldershot, is the Japanese teacher, and is assisted by English experts. Write at once for interesting booklet and free ticket to view practice to the Director.

Digitized by Google

MOTTO:—*Mens Sana in Corpore Sano*—A Sound Mind in a Sound Body.

SANDOW'S MAGAZINE

— OF —

PHYSICAL CULTURE & BRITISH SPORT.

Edited by EUGEN SANDOW. Assisted by FRANK PINK.

VOL. XV. (Established 1898.) NOVEMBER 30TH, 1905. No. 126.

NOTICES.

ADDRESS.—131, Temple Chambers, Temple Avenue, London, E.C.

Telephone: 3436 Central.

NOTICE.—Business Letters should be addressed to the Manager, Editorial Letters to the Editor. Cheques, Money Orders, and P.O.'s should be made payable to FRANK PINK, and Crossed "London and County Bank."

PUBLISHING DAY.—Every Thursday.

SUBSCRIPTION. — Annual Subscription, 10/6; Half-year, 5/6; Quarter, 3/-

EDITORIAL.—I am always pleased to receive Contributions, Literary and Pictorial, for consideration. Where payment is desired, the Contribution should be accompanied by note of amount required. Prompt consideration will be given and an early reply forwarded.

NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

"Is the well-dressed man dying out?" plaintively asks the *Outfitter*. The la-di-da young man of the silk hat, lavender gloves, and enormous expanse of collar and cuff is, I am glad to say, gradually disappearing, and instead we are getting a tanned youth in flannels or knickers, not afraid to show his calves, and with a lofty contempt for the sartorial antics of Bond Street or Burlington Arcade. The man who prefers a popinjay in tall hat and frock coat to a *man* in Norfolk jacket and knickers possesses a taste in such matters that completely baffles me.

o——o

"In the whole of Tokio," writes Sir Ian Hamilton in his recent book about Japan, "I have not seen a single soldier who is flat-footed, narrow chested, or slouching. The army is the cream of the nation." It is a thousand pities the same thing cannot be said of the modern Tommy Atkins. I have seen many soldiers in London with all three of these drawbacks.

o——o

It is a remarkable fact that most of the great presidents of America were either successful athletes or strong men physically. An interesting article on this subject will appear next week.

o——o

I have often wondered why among all the suggestions to overcome the drink habit, that no one has ever yet advocated instruction in physical culture as part of the treatment. The drink habit is now generally admitted to be the result of a disordered nervous system, and nothing so quickly restores vigour and tone to the nerves as judicious exercise. I once had a visit from a well-known medical man who was a victim of this terrible habit, and I prescribed a course of physical culture for him. About six months after I had a visit from his wife, who assured me that he was a totally different man, morally and physically, and was completely cured of the drink craving.

o——o

I should very much like to see the experiment made on a larger scale in one of the many establishments for the treatment of alcoholism. I think it would be a welcome innovation in such an institution, say, as the Keeley establishment. At any rate, I offer the suggestion for what it is worth.

Digitized by Google

Under the heading "Why Illness Increases," the editor of the *Evening News* gave the benefit of that paper's extensive circulation to the paragraph which I published in these columns *re* the modern habit of living almost without exercise. If things go on as they are going, legs will soon be unnecessary appendages to human beings, and will probably vanish altogether from want of employment.

o——o

The girls of Coombe Hill school, who have recently achieved newspaper notoriety for their humane defence of a hunted deer against both dogs and huntsmen, have their physical welfare looked after as well as their mental. They have daily exercise in Swedish movements, plenty of out-door sport, and do most of their studying in the open air. I hope to publish an article descriptive of this school at an early date.

o——o

Here is a good story from the columns of the *Daily Express*, which is worth reproducing:—"By constant usage hard swearing can become almost innocuous in time, as the anecdote about a bygone Master of the Old Berkshire Hounds (the 'Old Blasphemers,' as they were then termed by Oxford undergraduates) well illustrates. Seated upon a gate two hobble-dehoys, who had heard of his capabilities, saw him approaching, and with mutual accord said, 'Let's zit sdill an' 'ear un zware.' Just then the M.F.H. was at the top of his form, and it was not until after a full and free entertainment that the yokels slid down from their perch in open-mouthed admiration and delight." o——o

We are apt to think that we are pioneers in hygienic matters and take great credit to ourselves for fresh discoveries, only to find later on that the same views were held and exemplified centuries ago. Yet Moses was one of the greatest hygienists that ever lived, and but for the sanitary code he framed and enforced the Israelites would have perished to the last individual. But now comes a Turkish professor, who gives us an insight into the medical teachings of the Talmud. It appears from this authority that even in those days most of the diseases to which the human race was subject were held to be due to malignant little organisms called "Shedius" (destroyers), and that they were too small to be seen by the naked eye. Even as in these days, they were held to inhabit air, water, animals, and decomposing matter. Strangest of all they had an ordinance in Jerusalem that forbade spitting in the streets, and also one which provided for the amount of four cubits of space to each occupant of a room. And yet we take credit for our so-called modern hygienic and sanitary regulations. Truly, there is nothing new under the sun.

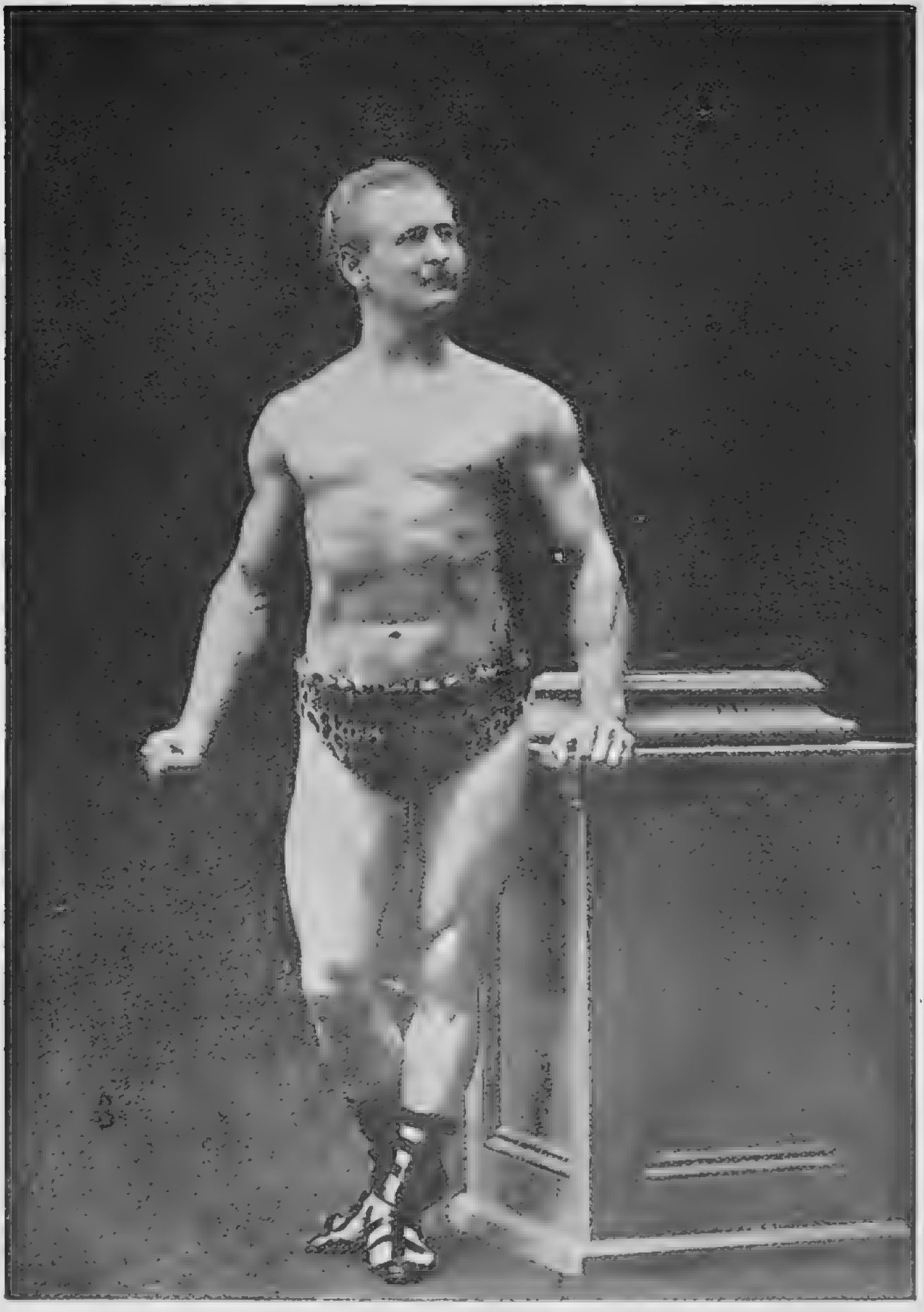
o——o

According to M. Charlemont, the famous French boxing master, Jiu-jitsu is not—or was not originally—a Japanese art at all. The Japanese, he contends, "borrowed" it, as they did torpedoes, guns, etc., from Europe. They, however, set to work to adapt it to their own ideas. Jiu-jitsu, in its embryonic state, is to be found in a volume dealing with the noble art of wrestling published in Amsterdam so long ago as 1672 by one Niclaas Peters, a champion wrestler of his time. The book is illustrated, and M. Charlemont declares that the engravings represent exactly the same tricks of attack and defence as are now taught by the exponents of Jiu-jitsu.

o——o

There is a valuable lesson in the apparently selfish saying "Everyone for himself." This is really only a part of the original proverb, which, when used in its entirety, bears a very different construction; it should be, "Everyone for himself *is care for all.*" In a recent issue of *The Daily Mail*, in an article dealing with "Heredity," I sought to show that personal effort can raise one superior to a *predisposition—which is all that heredity really is*—to weakness or disease. The responsibility of the individual is a lesson all should learn.

Digitized by Google



THE EDITOR EUGEN SANDOW
in one of his Poses

A Peep Behind the Scenes
IN PATENT MEDICINE MAKING.

* * *

ONE of the very nearest and dearest of the many crank ideas firmly rooted in the mind of man, is his love for, and firm belief in, some nostrum, whose virtues lie chiefly in the mind of the advertisement writer. Nearly every living person who has come to the time when they are supposed to think, has at some time pinned his faith to one of the many widely-known remedies for all the ills that fall to the lot of humanity. Before that period "what mother used" is generally an article of faith. Men are as bad as women in this respect; they are all believers in Doctor Something's remedy for this, or Mrs. Somebody's Syrup for the other thing.

If some of the faithful followers of the money-making drug-mixers could have a little of the personal knowledge of, and experience with these patent remedies that I have had, they would be a little more careful in their use of and little more limited in their belief in these nostrums.

I think that my faith was shaken to a great extent in my early childhood. My mother was a devout believer in Somebody's pills and ointment. These pills were administered for everything from a bad temper to a broken leg, and I believe that she would have rubbed the ointment in for a guilty conscience if she had felt sure of its exact locality. It was a vilely-smelling ointment, and the odour hung about one for days after its application. But that was supposed to be one of its virtues. The pills were little greenish things with an odour, if possible, worse than the ointment, and the taste that went beyond description. I happened to be a delicate child, and was dosed with these things until they got beyond my endurance, and I used to ask, as a special favour, to be allowed to mix them in a spoonful of jelly, with which they were usually administered. Then I had the matter in my own hands. With a wisdom beyond my years, I swallowed the jelly, and hid the pills until I had a good chance to throw them down the sink. Then they really did me good.

A few years later my mother became a convert to Homeopathy, and I was again the victim. But this time I did not mind. The pills were little, sweet, sugary things that I liked. I used to take the bottles containing these pills, which were labelled with the most blood-curdling names, and eat the contents by the handful. Strychnine, aconite, belladonna, and goodness knows what other deadly poison. I took them all indiscriminately, and was never one bit the better or worse for them.

I got away from these things as I grew older, but subsequent experience brought them back to my mind. In my travels both in England and America I have had to do with several of these nostrum makers and advertisers, so that I have been continually behind the scenes, and, for the benefit of the public at large, I am going to lift the curtain a little bit.

About forty or fifty years ago, in a little town in Lancashire, there lived an old cobbler. The cobbler in question was gifted in one special way. He had compounded, by what method or on what authority history does not say, a pill that was guaranteed to do more toward stirring up humanity than any other known thing. I can assure you that they lived up to their guarantee. If you took two pills on the night of the first of the month, you were justified in asking your money back if they were not still working on the fifteenth, for they were shirking their business.

The old man lived along quietly, content with his local celebrity and proud in his knowledge that he had the power

to move humanity to its depth when poets and orators failed. But one eventful day, a man with money and enterprise came along (I believe he was an American) and dragged that cobbler from his obscurity. His name was seen on bill-boards in type as large as Henry Irving or Sarah Bernhardt. The outside pages of the most widely-circulating magazines were bright with his fame, not as a cobbler, but as a pill-maker. And to-day that illiterate cobbler's name is a household word, not only in England, but in America and all other English-speaking countries.

My next experience was in connection with a so-called consumption cure. Away out in the wilds of Ohio, in a little country village, there lived two old doctors, brothers. Quite to their own satisfaction they had formulated a consumption cure. They had entire faith in it, because there was no record extant that it had ever killed anybody. Whether they got restless and came to the city that they afterwards made their head-quarters, or whether they were dug from their obscurity, I cannot say. Personally, I should be inclined to think that they had to be dug out, for when I knew them they were the most restful men I have ever met. However it may have occurred, they found themselves in the hands of an enterprising schemer who was willing to boom anything that was likely to bring in money. In his pay he had a bright journalist, and, between them, they managed to subsidise a New York newspaper, since gone out of existence. More than that, they got, by some stratagem, such as is only known to reporters, the endorsement of one of the best-known physicians in this country, himself a specialist in lung trouble. There was no end of trouble when he found out how he had been tricked. The cure was advertised from pole to pole, and the old doctors, as well as the schemer, made big fortunes out of the affair, but I never heard of any case that was cured. During the entire period of three years that they were under my observation, I never heard of a *bona fide* cure, and they made hundreds of thousands of dollars.

The funny part of it was that, during the biggest part of the boom, people would insist on seeing the doctors. The principal part of the business was done by post, as the doctors by no means carried out in their appearance the deep scientific possibilities that were claimed for them. They were simply two country-fied stupid old men, and would have been perfectly harmless if they had not been doctors. The old men were continually being whisked from one office to the other to get away from persistent patients who were anxious to see the great men, and if one patient became more determined than usual to have a personal interview, strange to say, both the old men were called away to urgent cases, either far away out west, or down south.

I think that my next experience was a little unique, too. Like the others, this was a country doctor. Great things those country doctors evolve from the mighty depth of their brains while they are sitting in their offices waiting for patients. This one divided his time between stock raising, doctoring, and studying divinity. He had compounded a mixture that was warranted to kill everything not human. I don't mean that it would kill inhuman things, if that had been the case that doctor would have stood a bad chance himself. His pet theory was that his compound was the only one in existence that would kill the germ of consumption. Why he thought so no one could ever guess, for he never had the slightest reason for such an idea. But while he was waiting for his fame to go abroad, he was content to use the mixture for anything that came along, and, to my certain knowledge, he used it as a cure for cancer, consumption, locomotor-ataxia, bald heads, corns, and ingrowing toe-nails. Such was his profound faith in its power.

I had lost now that old doctor's friendship for ever, I am afraid, because I would not let him try his cure on me when all his patients were dead. I told him frankly that I wanted to live a little longer. He didn't seem to like this, and now "we never speak as we pass by."

These little bits of information are positive facts, not one bit over-drawn, and I will vouch for their truth, for they

are my own personal experience. Besides this, I could say a good deal more if I liked.

The entire history of patent medicines may be read in this short record. They are compounded, as a rule, by persons knowing nothing of the science of healing. Drugs themselves are acknowledged by all intelligent physicians to be almost a sealed book, even to the most profound student of medicine, and their use is only experimental, for of their action nothing is known. How, then, can a man, knowing nothing on the subject, mix a lot of these drugs and evolve a panacea for all ailments? The fact is absurd on the face of it, and if the intelligent public will only stop for one moment and think, they will see that in their present attitude they are simply placing themselves at the mercy of a lot of unscrupulous money-makers, who do not care a rap about the harm they may do if they only bring in the gold.

I could bring forth half a dozen more instances that have come within my own experience, but I think that I have said enough to make all intelligent persons stop to think. Even if we were to grant that the drug habit that so many people have formed is good for them, at least the mixing of these compounds should be in the hands of conscientious operators.

But the habit of taking drugs has ruined more stomachs and digestive organs than any other known cause. There must be a reaction from the effect of any drug absorbed into the system, and that suggests another drug. And so on, *ad infinitum*.

WHAT has become of the old-time practice of our fathers, the free drinking of cold water? Has it gone out of fashion? We hear of copious tea, coffee and beer drinkers, but a liberal water drinker is a comparative rarity. Why is this? Is the race becoming so physiologically depraved that Nature's choicest beverage no longer possesses any charms? The admixture of leaves and berries with water may tickle the jaded palate, but to fulfil the prime office of all liquids, namely, to supply the necessary diluent to the system, the undoyed gift of Nature, pure sparkling water, is immeasurably the best, first, last, and all the time. Spare the water spoil the body.

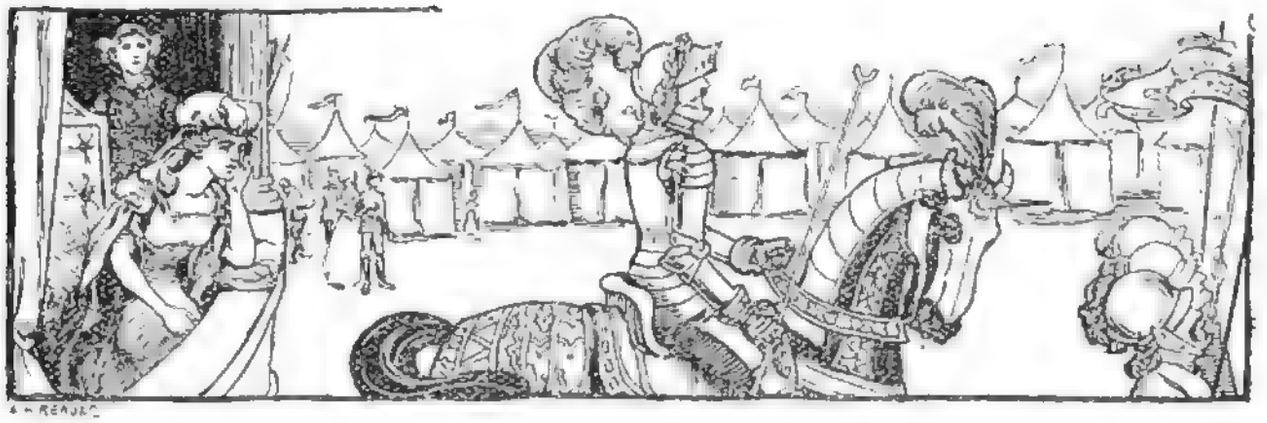
Uncle Abner on Opportunity.

I LIKE the man who's wide awake and grabs the first good chance
That comes along invitin' him his fortune to advance;
I want him born with sense enough to take the truth to heart,
That they're the likeliest to win who get an early start.
But, after all, if he should let his first good chance slip by,
He mustn't feel that all is lost, and just give up and sigh;
Well, I guess not! And so I preach from this old-fashioned text:
"If one good chance gets by you, just brace up and grab the next."

The dreamy poets, somewhere in their versifyin', state
That Opportunity knocks once at every mortal's gate,
And if the gate ain't promptly swung wide open there and then,
Why, Opportunity feels huffed, and never knocks again.
Well, that's the doctrine, seems to me, to preach to them that's slow
And sort o' careless and disposed to let their chances go;
But, notwithstanding all they say, I'm clingin' to the text:
"If one good chance gets by you just lay low and grab the next."

You look about, and everywhere you're pretty sure to see
Some weak-kneed men just plumb knocked out by that "one chance" idee.
They missed it at the very start, and all their lives since then
They've set around a-tellin' of the things they might have been.
I don't believe an all-round man who wants to travel far
Will stay at home forever 'cause he missed the first through-car.
It ain't the way real men should do, for, 'cordin' to my text,
"If one good chance gets by you, why, you ought to grab the next."

I say that Opportunity is knockin' at the gate
'Bout all the while! She's far too kind to leave us to our fate,
Because you spurned her ofter once she doesn't stay away,
But every mornin' comes and shouts: "To-day, to-day, to-day!"
And here and now she offers you her prizes great and small;
Pick out your choice and make it yours! Don't try to win 'em all.
But if you fail, why, don't give up, but stick to this old text:
"Whenever one chance gets away brace up and grab the next." —NIXON WATERMAN.



THE MEDIÆVAL ADAPTATION OF THE OLYMPIC GAMES.

The King of Greece and the Olympian Games.

THE King of the Hellenes, an athlete of no mean quality, was graciously pleased to receive a representative group of English athletes at the Greek Legation on the occasion of his recent visit to this country. The games, which take place in April next, at Athens, will attract a number of distinguished English athletes, as they did on the previous occasion at the Grecian capital ten years ago. It is to be hoped that the greater share of success will attend their efforts than on that occasion, when only two of the most coveted events were placed to the credit of this country.

There was a second edition of those games in Paris four years later, when the English athletes were more successful, and some splendid performances were accomplished; but the meetings lacked the surroundings which gave to the Athens gathering its great attraction—the 60,000 spectators in the restored Stadion, the Olympic Anthem, conducted by the composer, the presence of royalty, and the knowledge that the games were taking place on the same spot as that on which the Greeks engaged in their athletic competitions more than 2,000 years ago.

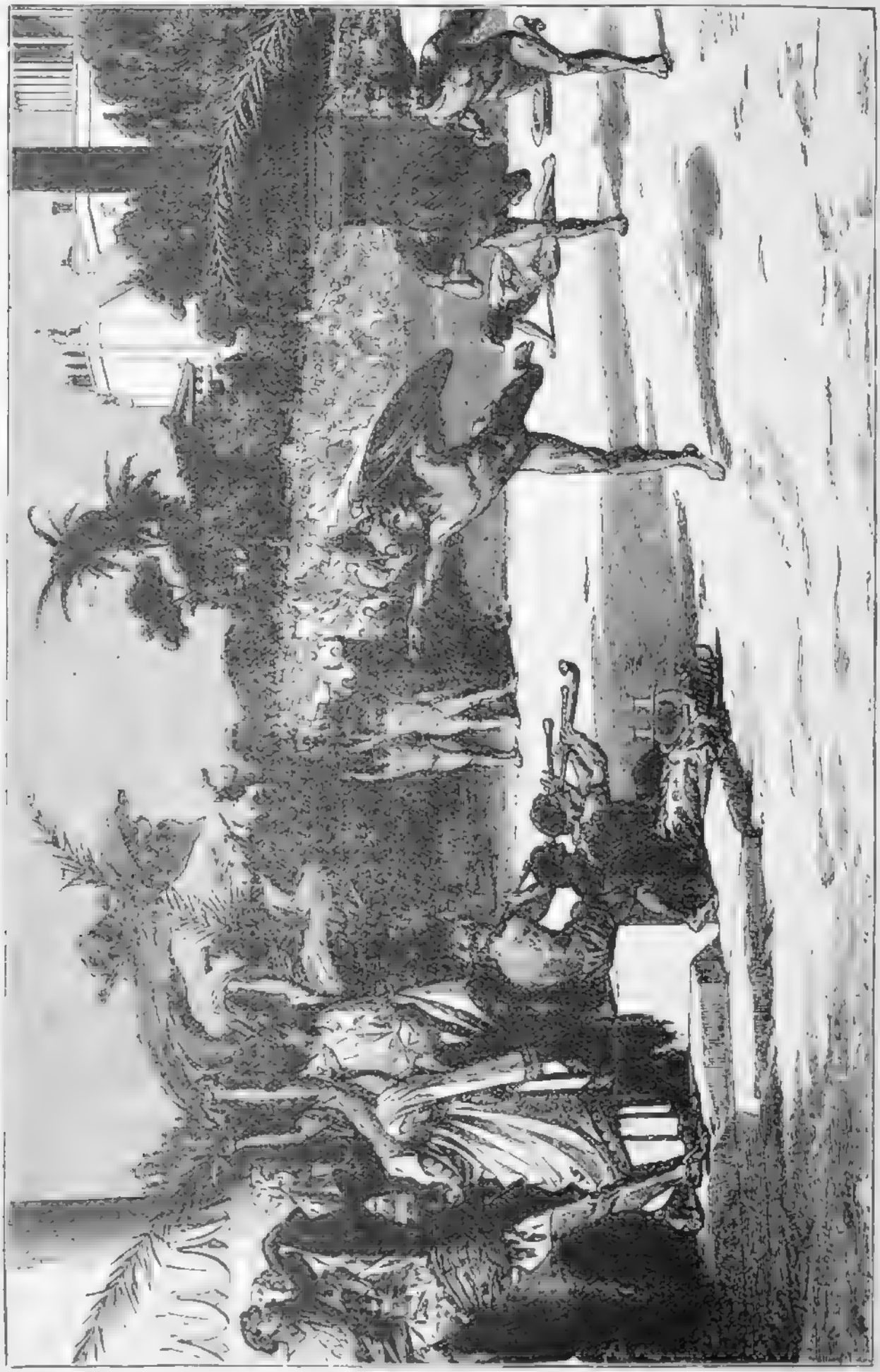
It is hoped that the English contingent will be a very strong one this forthcoming occasion. It is expected that amongst the competitors will be: K. Cornwallis (whose 1 min. 54 4-5 sec. for half a mile is only 1-5 sec. slower than the British best on record), A. R. Churchill, A. R. Welsh, and S. Abrahams (the Cambridge Blues), W. Halswell (the quarter-mile champion), H. C. Hawtrey (who very nearly won the mile championship, in which the present record of 4 min. 16 4-5 sec. was established by J. Binks in 1902), and J. W. Morton (the sprint champion).

The Amateur Athletic Association will be asked to grant special permission for the payment to the less wealthy athletes of legitimate travelling expenses. Several sportsmen have already expressed their willingness to subscribe to a fund for that purpose, if such a proceeding be sanctioned.

The interview at the Greek Legation was a pleasing and informal function. His Majesty displayed the liveliest interest in the chances of his guests. The fine, tall, athletic form of the Oxford president, Mr. K. Cornwallis, the great half-miler, evidently attracted his Majesty's attention. "Well, you're big enough," was his smilingly parting remark to the Oxford Blue.

"And what races do you run?" he asked of Mr. Churchill, the Cambridge Blue. "Seven miles, ten miles, and, I hope, the Marathon race," was Mr. Churchill's reply. This evidently pleased the King immensely.

To Mr. Lockton, the ex-champion hurdler and long jumper, his Majesty put a question bearing on athletics at the public schools. "Our public schools are the nurseries of athletic sports, your Majesty," was Mr. Lockton's reply. And he was about right.



THE ANCIENT GAMES

Mr. G. S. Robertson, the Oxford University hammer-thrower, was recognised as one who went to the Olympian games in Athens ten years ago. "And do you intend to go again?" was the King's query to the writer of the Pindaric ode, and the reply was in the affirmative.

Athletics was the prevailing theme. Messrs. Venn, Fowler-Dixon, Lawrence Levy, Schofield, Barnard, Gull, Val Hunter, and Campbell were all asked questions bearing on sport. Mr. C. Val Hunter's reply was, "I judge, your Majesty."

All present were delighted at their reception by a good sportsman as well as by a gracious King. The heartiness of their welcome and the true grip of his Majesty's hand will not be forgotten by any one of them.

The following are those who were presented to his Majesty:—

Mr. J. E. Fowler-Dixon (vice-president of the London Athletic Club, and holder of the fifty miles amateur running record).

Mr. K. Cornwallis (the Oxford University hammer Blue).

Rev. R. S. de Courcey Laffan (member of Olympic International Committee).

Mr. G. S. Robertson (Oxford University hammer-throwing Blue of 1903-4-5).

Mr. C. L. Lockton (Civil Service A.C.), ex-champion hurdler and long jumper).

Mr. E. Lawrence Levy (Amateur Gymnastic Society).

Mr. H. Venn (vice-president London Athletic Club), seven miles walking ex-champion.

Mr. C. B. Gull (Oxford University A.C.).

Mr. W. M. Barnard (Amateur Athletic Association).

Mr. G. V. A. Schofield (vice-president Amateur Athletic Association).

Mr. Val Hunter (Amateur Athletic Association and L.A.C.).

Mr. G. S. Campbell (Oxford U. A.C.).

Better Luck in 1906.

The following were the winners of the principal events at the last Olympic games held at Athens ten years ago:—

110 Yards.—T. E. Burke (America)—12 sec.

440 Yards.—T. E. Burke (America)—54 1-5 sec.

880 Yards.—E. H. Flack (Australia)—2 min. 11 sec.

1,650 Yards.—E. H. Flack (Australia)—4 min. 33 1-5 sec.

120 Yards Hurdles.—T. P. Curtis (America)—17 3-5 sec.

High Jump.—E. H. Clark (America)—5 ft. 11½ in.

Long Jump.—E. H. Clark (America)—20 ft. 9¾ in.

Running Triple Jump.—J. Connolly (England)—45 ft.

Pole Jump.—W. W. Heyt (America)—10 ft. 9¾ in.

Putting the Weight.—R. Garrett, jun. (America)—36 ft. 2 in.

Throwing the Discus.—R. Garrett, jun. (America)—95 ft. 7½ in.

Weight-lifting (one hand).—Launceston Elliott (England)—150 lb. 8 oz.

Weight-lifting (two hands).—V. Jenson (Denmark)—245 lb. 12 oz.

Marathon Race (24 miles 1,500 yards).—S. Lauss (Greece)—2 hr. 55 min. 20 sec.

Let us hope for better luck in April next!

The Adaptation of Exercise to Individual Needs.

By DREW F. GEARHEART (in "*Physical Development.*")

EVERY human body has some peculiarities in both its structure and function, and in order to derive the best results from physical training it is necessary to select exercises that are adapted to individual needs. The weaker parts and functions of the body should receive special care and attention, for disease invariably attacks the weak points first. It is important to remember that the body conforms to the use that is made of it. Very heavy and slow exercises tend to develop large and powerful, but somewhat coarse muscles, while light and quick exercises promote agility, but give only a fair degree of strength. Exercises that require a prolonged, constant effort are best for endurance; but they are much less effective in giving ability for sudden, concentrated and strenuous efforts. Exercises of skill are especially effective in developing co-ordination of movement.

It appears from the foregoing that the effects of exercise on the body correspond with the nature of the work, and further observation reveals the fact that the effects on the mind are similar in character. A very highly organized, well co-ordinated and symmetrical physique is invariably the dwelling of a well-balanced mind, and a distinctly one-sided body is usually associated with one-sided reasoning capacity. The exercises that correct physical defects, involve mental processes that tend to correct corresponding mental conditions. Normal individuals will attain the best results by combining exercises of strength, agility, endurance, and skill; but the abnormal should look well to the correction of defects.

Our bodies are but seven-stringed lutes,
Which, when in tune, respond in dulcet harmony
To gentle touches from the soul within;
When out of tune the strings will break,
Or send forth noises, harsh to hear,
That spoil the harmonies of life,
And make small crosses hard to bear.

ASHBOURNE SCHOOL OF PHYSICAL CULTURE.—Dr. Boswell gave an address on the structure of the body and the laws of hygiene at the opening meeting. Mr. A. Fielding is the instructor and Mr. Guy Derbyshire the hon. sec.

On Getting Back to the Land.

THE IMPORTANCE OF TEMPERAMENT.

EVER and anon goes up the cry "Back to the Land," especially at times of industrial depression like the present. To the City man weary of the eternal routine of crowded omnibuses and stifling suburban railway carriages, jaded with the never-ending round of business and social duties, the picture drawn by imaginative writers of rose-trellised cottages, and delightful days in the sunny hayfield, walks mid leafy lanes to the musical accompaniment of the twittering bird-life, is such a charming one, so seductive in its every detail, that it is scarcely to be wondered at that he envies the lot of the man delightfully situated.

But he sometimes forgets that there are days when the roses are missing, when the sun forgets to shine and the roads are transformed into quagmires, when bleak winds whirl down the lanes that once were leafy, when the poor feathered songsters have sought more congenial climes, when the roofs of the once rose-covered cottage leaks, and when there are no theatres or palaces of amusement to while away the long winter nights, and he sighs again for the whirl and gaiety of the City.

The cry "Back to the land" is an admirable one, but the City-bred man must be a true disciple of Nature before he takes the plunge. He must have a keen love of the country in its every mood. He must be able to accord himself to its humour, to find as much pleasure in "the bellowing of the blast," as in the zephyr breezes of spring. Whether a man will find pleasure in returning to the land or not is purely a matter of temperament. The club lounger or the lackadaisical young man about town would be as much out of place in a country lane in winter-time as Richard Jeffries would be in a West End gambling den. The question each man should ask himself is: Will my love stand Nature in curling pins? It is a wise young man who judges his love for his future wife by her appearance in the morning rather than by the impression she creates in the drawing-room by night. Nature is always pretty to her true lovers, but she sometimes sadly disappoints those who are only flirting with her. Before going back to the land, be assured you have the proper temperament, constitution, simplicity of habits, that will make Nature appear lovable to you in all her phases.

Here are the experiences of two men of widely different temperaments. They both appeared in the columns of the *Evening News*. The one writes:—

Two years ago I, a City clerk, determined to get back to the land, and I succeeded.

I succeeded so well that if anyone were to offer me now a mansion, rent free, in Suburbia, I should not hesitate to refuse it, for the country has enabled me to live without doctors, a thing I have never been able to do before.

In the suburb in which I formerly lived no "respectable" house could be rented at less than £30 a year, plus rates and taxes. These latter amounted to another £10 per annum, my season-ticket to £10, making a total yearly outlay of £50.

What advantages did I receive for this?

I was near to town, theatres were "handy," shops were good, and we had a public library. But what benefit did these advantages bring to a weak and ailing constitution?

Now turn to my position "on the land."

I have a beautiful house, six rooms and bath-room, and a good garden, three minutes from railway station which is twenty-five miles from London.

The rent is £17 a year, rates and taxes

inclusive. My season ticket is £16 per annum, so that my total annual output is £33, as against my "suburban" £50. So much for the financial side of the matter.

In three minutes from my house I can be in the midst of the beautiful rural scenery, undulating and picturesque, some of it at an altitude of 500 feet above sea level.

A stirring walk in this splendid country, fighting against the keen pure breezes soon brings into one's face the rich red colour of health, and makes one feel the true joy of living.

WELCOMED BY VILLAGE CRONIES.

If a man wishes to get virtually "back to the land," he can rent an acre for a mere song, work at it in his leisure hours, produce all the vegetables he requires for himself, and improve his health beyond conception in the process.

Should he cycle he will find truly magnificent scope; if he shoot, he has not far to go to enjoy himself to the full.

A London man is always welcomed as a resident by the village cronies, for he brings money to their coffers, and, besides, it is an undeniable fact that country people are much more obliging, pleasant, and open-hearted than their town brethren.

The Other Side.

Such is the verdict of one City clerk. The other is vastly different.

I, like "City Clerk," have got back to the land, and know from experience that it carries with it the following and many other disadvantages:—

1. Almost absolute loss of relations and old friends.

2. Serious difficulties in the education of one's children.

3. Impossibility of finding employment for children on leaving school.

4. Stagnation of mind for the wife.

Like many others, I have given "back to the land" a fair trial, and found its disadvantages greater than its advantages, and, like them, have decided to return to London.

COLD CATCHING AND CLOSED WINDOWS.

By ERNEST WENTWORTH, M.D.

IT was an afternoon in early winter, but a southerly wind had made the air warm and balmy. The sun shone brightly. Nature was in a pleasant mood, and to me she proved irresistible; I wished for the exhilaration of a long brisk walk.

"Ah, there will be no one at home this beautiful afternoon!" I thought, as I neared the home of a friend, but decided to ring the bell, just to show my good intentions. The ring was answered by my friend, to my satisfaction, even if it had spoiled my prophecy.

"Oh, I am so glad you called!" she exclaimed. "I am having one of those awful colds that seem to be going around. I dare not go out for fear I may have pneumonia. I have got to take good care of myself. Last night I felt sure I was going to have the influenza, you know I do sometimes, so I put turpentine and lard on my throat and chest, and took pills and medicine to reduce fever. I escaped having the croup, but am feeling miserable."

"By the way!" she exclaimed as she ushered me into the sitting-room, "Can you smell boiled dinner? We had one yesterday, and to-day made the remainder into hash."

As the smell of said dinner was so very pronounced, I must acknowledge that I did, or that I also had a severe cold, so I frankly remarked—"Well, I should say I did."

But my thoughts on the subject, and the agony I endured out of courtesy during that short call, I kept to myself.

There were five people in the small room, and not a window in the house opened as much as a quarter of an inch, and had not been since some of the warm days of summer.

The other callers and my friend related their afflictions and those of others

—how this friend had been taken to the hospital and there died of an operation, how the next door neighbour lay dead of heart disease, and one just around the corner of typhoid fever.

As I came out into the pure air I thought how much better I should have felt if I had kept to my walk.

Oh, how many on this beautiful earth need be taught a few simple laws of haalth!

If more pure air were allowed in the home, cupboard and medicine-chests would not show such arrays of bottles, and colds would not "be going around" so much.

Health and Good Cheer.

By ...
J. H. KELLOGG. M.D.

GOOD cheer has wonderful power to help the sick get well. Solomon says: "A merry heart doeth good like a medicine." A merry heart and a merry countenance go together.

We encounter disagreeable things, but it does not make it a bit better to talk about them. Why not make up our minds that we will not? We all like sympathy, but how many of us like to sympathise with others. We prefer to have other people keep their skeletons in their closets, but we are very apt to exhibit our troubles and complaints before the world, hoping for sympathy.

One can manufacture as many symptoms as he wishes. He can cultivate disease as easily as he can cultivate anything else. He can also cultivate health if he will. The mind-cure doctors put it in this way:—

"Seek health, and health will find you
As certain as the day.
Disease will lag behind you,
And lose you on the way."

This is a pretty good sentiment; and I am sure there is a great deal in it.

Of course, the germs of disease are many times present, and fear being a depressing agent, it brings the system down to a level where it cannot resist the attacks of germs, and they get a foothold and cause disease.

When one becomes frightened or very angry, his face often turns pale. Why are these emotions so productive of disease? Simply because they are so depressing that they interfere with the normal activities of the functions of life, and lessen the power of the body to resist disease.

On the other hand, hope and good cheer have the effect to enliven all the processes of life, to quicken the heart-beat, to increase the play of nerve impulses through the body, and also facilitate the play of all the vital functions. So hope and good cheer are things that everyone ought to cultivate. We ought to make it our business to make sunshine. Sometimes there are clouds in the sky, but there is always sunshine beyond the clouds. Where it is dark without, it is all the more necessary to make sunshine within. When you look into a mirror, you see the reflection of your face, and when you come into a room where there are many mirrors, your face will be reflected many times. Now, our faces are like mirrors; they reflect the joy or gloom which comes before them. Suppose a person comes in with a very sad face; his face casts a gloom over us all. Another person enters, his face shining with good cheer, and he brings in influence which you feel striking down in your heart.

We must think cheerful thoughts as much as we think of living properly and behaving ourselves with propriety before the world; we should consider it a privilege as well as a duty to do it. But there are many who become so depressed by disease that they think there is no hope for them, either here or hereafter, and they lie down in the lap of an infinity of misery and give themselves up to suffering and sorrow. I wish to exhort such to look up. And why should we look up? In the first place, there is a Great Physician who wants to heal every sick person. He made us, cares for us, and dwells within us. If we are sick, he is trying to heal us, and is always doing the best he can consistently do for us.

You may sometimes have been in perplexity, and longed for someone to tell you the right thing to do. Remember that God knows the end from the beginning, and he knows what you ought to do. If you are in distress or in need, and are willing to do the right thing, and are ready to be guided, God will lead you in the right direction. The great thing is to recognise your need. If you do this and ask help of the Great Father, He will do the best that can be done for you, and will give you help in proportion as you recognise your need. We reap what we sow. If we sow for righteousness and divine help, we shall get that very thing; and we shall get all the help we are prepared to receive.

God works through agencies, but it is he that works. The physician does not heal you; the treatments do not heal you; it is the divine power working through all the agencies employed here that heals. I entreat all to lay hold of the great source of comfort and cheer; and if you feel disheartened and gloomy, just look up, for there is a great God who is able to do for you all you need to have done.

—THE "DUMMY."—

There are many ways at the present time in which a woman can earn a living, though very few of them are either easy or abundantly remunerative. But, perhaps, one of the most tantalising means of livelihood is to become one of the "dummies" of a big dressmaking establishment. In a recent number of "Femina" (says *T.P.'s Weekly*) an interesting and charmingly illustrated article gave an intimate account of the day of one of these pretty and graceful wage-earners. First of all, many qualifications are necessary. The dummy has got to be young, tall, and graceful, with a good figure, and a natural distinction of bearing. A small waist is also essential, and the present writer remembers the case of an English "dummy" who wore an iron belt beneath her clothes to keep the waist from spreading beyond the stipulated inches, and who died as a consequence of the internal trouble set up.

To return to our French workers, the "dummy" sets out at about eight every morning, and calls at a hairdresser's to have her hair waved and dressed in the newest fashion. By nine she has to be at her house of business, getting the dresses and cloaks ready for use. Customers begin to arrive at ten o'clock, and from ten in the morning until close upon eight o'clock at night the stream is continuous, and the "dummy" is going backwards and forwards, into one dress after another, a dresser waiting ready to take off one gown only to fling another over the black satin sheath worn by the "dummy" under the lovely models she exhibits to customers. The strain is enormous. Always on her feet, always really at a rush while outwardly languid, correct, and slow of movement, the "dummy" has also a constant need of success if she is to keep her post. The girl who cannot make a model sell by her own sheer charm in it becomes useless, and the more orders the "dummy" can get through the clothes she wears the greater will be her importance and value.

The pay of a French "dummy" is from £6 to £8 a month. Out of this she has to dress and keep herself, except for the mid-day meal, which is provided by the establishment. An hour's interval is usually given for this, and, lunch over, the girls, who have a room provided for them, enjoy a space of rest, or needlework, or a game of chess, or cards. The great danger of life, says the writer in *Femina*, is its inevitable kindling of extravagant desires. All day long shoulder to shoulder with everything Paris holds of frivolous and dainty, and all day long rustling in silks and loveliness, a taste for beautiful clothes arises almost unconsciously, and the poverty of her natural surroundings becomes doubly hard to the girl who has eluded it for so many hours of every twenty-four. The ambition of the "dummy" is eventually to succeed as head of a department; but comparatively few arrive at that goal.

Sandow Magazine Readers' Club.

President - - EUGEN SANDOW.

Motto:—One may Help Many.

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto, and for services rendered the President will award to the sender of every published idea, experience or photo, the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

Once a month the names of newly-admitted Fellows will be published under the head of "The Fellowship Roll."

Those already qualified as Fellows and who send further contributions will have attached to their names figures denoting the number of occasions on which they have assisted the Club, thus:—Alfred James (5). Birmingham (meaning that this is Mr. James' fifth occasion of assisting the Club).

Japanese Physical Education.

TO THE EDITOR, "SANDOW'S MAGAZINE."

SIR,—Much ignorance obtains respecting physical education, and many and extraordinary are the questions I have tried to answer. May I now answer some of those asked within the last week—since my notice of classes in "Ju-jitsu" appeared in your paper?

Physical education means, to me, the study of all sciences which bear upon the attainment of the highest degree of health, strength, and beauty for the human race, and upon the practical exercises and resistive movements which best attain that end.

The "Land of the Rising Sun" has authentic record of its system for the last 2,500 years, and it probably existed long before that record. Japanese women have trained themselves and their children on a systematic plan, the results of which—strength, courage, and endurance—were demonstrated in the late war. These educational exercises for women should not for one moment be confused with other phases of physical work, suitable and useful for men, such as Japanese wrestling and trick throwing. These were being taught to the New York police last January when I was in that city, and are being learnt by the London police to-day. That the Bristol police may also the better defend society from miscreants, I could, should he require it, put the Chief Constable into communication with one of the finest Japanese exponents of this method of defence now in London.

Only I desire that the wide gulf which divides the defensive and attacking method for men from the educative system for women should be clearly realised.—THEODORE JOHNSON (the Swedish Institute for Physical Culture).

A Hygienic Decalogue.

No. 1—GENERAL HYGIENE.—Rise early, go to bed early, and in many cases keep your head cool.

No. 2—RESPIRATORY HYGIENE.—Water and bread sustain life, but pure air and sunlight are indispensable for health.

No. 3—GASTRO-INTESTINAL HYGIENE.—Frugality and sobriety are the best elixir vitæ for a long life.

No. 4—EPIDERMAL HYGIENE.—Cleanliness preserves from rust; the best-kept machines last longest.

No. 5—HYGIENE OF SLEEP.—A sufficiency of rest repairs and strengthens; too much rest weakens and makes soft.

No. 6—HYGIENE OF CLOTHING.—He is well clothed who keeps his body sufficiently warm, safeguarding it from all abrupt changes of temperature, while at the same time maintaining perfect freedom of motion.

No. 7—DWELLING HYGIENE.—A house that is clean and cheerful makes a happy home.

No. 8—MORAL HYGIENE.—The mind reposes and resumes its edge by means of relaxation and amusement, but excess opens the door to the passions, and these attract the vices.

No. 9—INTELLECTUAL HYGIENE.—Gaiety conduces to love of life, and love of life is the half of health; on the other hand, sadness and gloom help on to old age.

No. 10—PROFESSIONAL HYGIENE.—It is your brain that feeds you; don't allow your arms and legs to become anchylosed. Do you dig for a livelihood, don't omit to burnish your intellect and elevate your thoughts.

The First Fellowship Medal Winner.

TO THE EDITOR, "SANDOW'S MAGAZINE."

SIR,—I became a member of Sandow's School in Manchester soon after its opening seven years ago, and continued a member until its close recently.

I consider I have been, and am one of the most enthusiastic pupils of Sandow's system. The benefit I have derived has been *incalculable*, and although I must have spent in tuition, developers,

grip bells, etc., about £60, I do not begrudge it. I was 39 years of age when I commenced, and am now 46, and before that time I had done no athletics except swimming and cycling a little. I send you photos of what I was at beginning, and what I am at present. My chief reason for joining, and what led me to take it up, was for health's sake. I suffered from "flatulency," but my health soon became perfect, and I now continue it for health's sake.

I have often thought, if Mr. Sandow knew, he might congratulate me, and perhaps send me a medal or something as a *memento* to show my friends. In looking over your magazine at the numerous pictures that have been shown, I have often thought my record and development was quite as good and exceptional, considering my age, and no previous training. I have never yet come across my equal for *interest taken in "Sandow."*

Please return my Photos at your early convenience, for which I enclose stamped (registered) envelope.

I am, yours faithfully,
W. H. KENYON.

Bollinmont, North-road,
Hale, Cheshire.
Nov. 8, 1905.

*

[I shall have pleasure in making you the first recipient of the SANDOW MAGAZINE Readers' Club Fellowship Medal. As I said in my "Hints" (Nov. 16), your case should set an example to those men who think they are getting too old for that sort of thing.—EUGEN SANDOW.]

W. H. KENYON.
(Top photo shows condition prior to taking up Physical Culture.)

"Let me be physically perfect, in shape, vigour, and movement, for I believe with all my heart in the body and the flesh, and believe that it should be increased and made more beautiful by every means. I believe I do more than think—I believe it to be a sacred duty, incumbent upon every one, man and woman, to add to and encourage their physical life, by exercise, and in every manner. A sacred duty, each towards himself, and each towards the whole of the human race. Each one of us should do some little part for the physical good of the race—health, strength, vigour.—RICHARD JEFFRIES (*The Nature Writer*).

SUICIDE OF A "PHYSICAL WRECK."—At an inquest held at Walthamstow, on George Frederick Maynard, a cabman, he was declared by the doctor to be the greatest physical wreck he had ever seen. The man had been ill for several months, and had frequently said he would commit suicide. His wife found him lying on the floor of the bedroom dead. There was a bottle on the table labelled "oxalic acid—poison."

FIRST AID IN FOOTBALL INJURIES.

By T. J. PRYCE JENKINS, M.R.C.S. Eng., L.R.C.P. Lond.

Illustrated by F. F. Bush.

SKULL CAP TO PREVENT BRUISING OF THE EARS.

IT is not the purpose of this article to supply a comprehensive and detailed account of the methods which are adopted in rendering immediate skilled assistance to the injured; its aim shall merely extend to a few practical hints in dealing with some of the commonest injuries which occur on the football field, and reference only will be made to those taking place in the Rugby game, although it is to be hoped that followers of the Association code may glean a few useful hints, for naturally many of the injuries cited here are common to both games. No beneficial object is to be gained by the discussion of the oft-repeated hysterical cry of "The dangers of football!" Suffice it to be understood that the writer is in direct sympathy and complete accord with those who proclaim that there is scarcely any manly British sport without some slight element of danger, and that any so-called sport without such danger would be no sport at all to Britishers. He is also at one with those who maintain that the benefits derived by the pursuit of a noble and manly pastime far outweigh any comparatively trivial disadvantages.

Contusions or bruises are common on the football field, and are frequently so slight that little notice is taken of them in the heat of a game; if, however, a severe blow be inflicted on the surface of the body, blood vessels beneath the skin are damaged, and blood pours out from the broken vessels accumulating *under* the unbroken integument. At first the injured part is reddened by the blow, it then rapidly becomes dark purple in colour, and in a few days assumes the varied "rainbow tints" so familiar to us all in what is known as a "black eye." A "black eye" (or possibly "two lovely black eyes," popularised in song) is not an injury which in itself ordinarily possesses any surgical importance; nevertheless, the unfortunate victim is often much concerned from an æsthetic point, the "look of the thing" when he next makes his appearance at business. His "boss" may be of the ultra-Puritanical school, possessing a decided antipathy to football, hence much unpleasantness. Customers or clients may eye him with suspicion, and his colleagues exhibit deep interest in a supposed Saturday night's brawl, betraying a spurious sympathy by asking, "What happened to the other fellow?"

First aid treatment will do much to lessen the severity of a bruise; it consists in the immediate application of cold and pressure. This is best effected by means of a pad of lint, linen or wadding dipped in ice-cold water firmly fixed on the seat of injury by a folded handkerchief or a triangular bandage similarly made moist, and kept wet and cool with ice or iced water. In this manner the bleeding beneath the skin, and consequently the swelling, is diminished, and subsequent unpleasant results minimised to a great degree. In the old days of the "ring," a popular method of treating a black eye was the application of raw beefsteak.

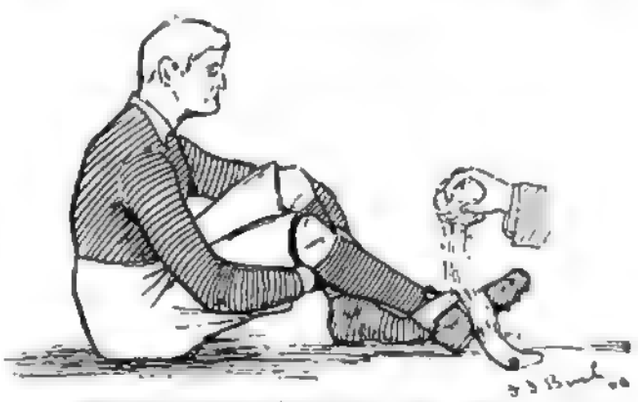
Any virtue that may have been attributed in such cases to raw meat must be ascribed to the *coldness only* of the piece of flesh. In contusions or bruises of a severe character in a limb, besides the treatment above indicated, it is as well to place the injured part completely at rest in a splint (Fig. I). Often a bruise is accompanied by a breakage of the skin; this combination is known as a contused wound. Bleeding from a wound of this nature is usually of little import, for the cold and pressure employed to subdue swelling suffices to arrest it. Every wound should be thoroughly cleansed with *clean* water, the edges drawn as close together as possible, and a *clean* piece of linen bandaged firmly over it. Pressure on a wound as a rule adequately controls all bleeding. Most of the wounds experienced on the football field are contused. All appendages—such as sharp buckles—likely to produce incised or lacerated wounds are by considerate players eliminated from their costume, whenever unconsciously worn they are quickly dispensed with when attention is directed to the dangers that might accrue from them. Painful abrasions or scratches of the superficial layer of the skin would, indeed, be less numerous if players kept their finger-nails close-pared.

In a London street row a passer-by often hears—as an altercation increases—between two "cockneys," a promise on the part of one of the disputants to present the other with a "thick lip," or a desire may be expressed by one to know whether the other is "searching for a thick ear." Both of these undesirable conditions are bruises brought about by the breaking of blood vessels and the accumulation of blood which escapes beneath the skin. A bruise of the lip quickly disappears, but contusion of the ear frequently permanently disfigures, the auricle in time becoming thick and considerably distorted. Rugby forwards are particularly prone to this accident, for besides blows on the ear, other factors are at work in its production. These added factors consist in constant friction and rumpling of the auricle when forwards pack in the "scrum"; they tend to the same end, the breakage of blood vessels, and therefore bruising. The application of cold and pressure is the first-aid treatment for such a case. It is far better, however, to lessen the risks of disfigurement—especially players who have prominent ears—by the free use of vaseline over the ears before taking part in a game, or by compressing the auricles tightly against the skull by means of a skull cap with ear flaps, as shown in Fig. I.

Vaseline rubbed into the face is a preventative measure against "jersey rash." In late years jerseys of fine texture which diminish the friction causing the soreness of the face have displaced the old rough woollen jersey.

A sprain is an injury to the ligaments (fibrous bandages of joints) and tendons (leaders) surrounding a joint. These, by a sudden wrench or twist—possibly in a direction which the muscles are unprepared for—are either forcibly stretched or torn, blood vessels are lacerated, the part quickly swells and becomes black and blue, owing to the effusion of blood into and around the joint. First aid treatment is directed to arrest bleeding from the damaged blood vessels.

In a sprained ankle ("going over at the ankle") it is the height of folly to at once remove the boot and stocking. If this be done the blood vessels are disturbed and an increased escape of blood into the joint takes place, and thus renders the chances of quick recovery remote. The proper method to pursue is to bind the ankle tightly round with a handkerchief, triangular bandage, or roller one, *over the boot*. Keeping the bandage wet during and after the process, the bandage is in this manner tightened (Fig. II). Under no consideration must the



SPRAINED ANKLE (BANDAGE OVER BOOT).

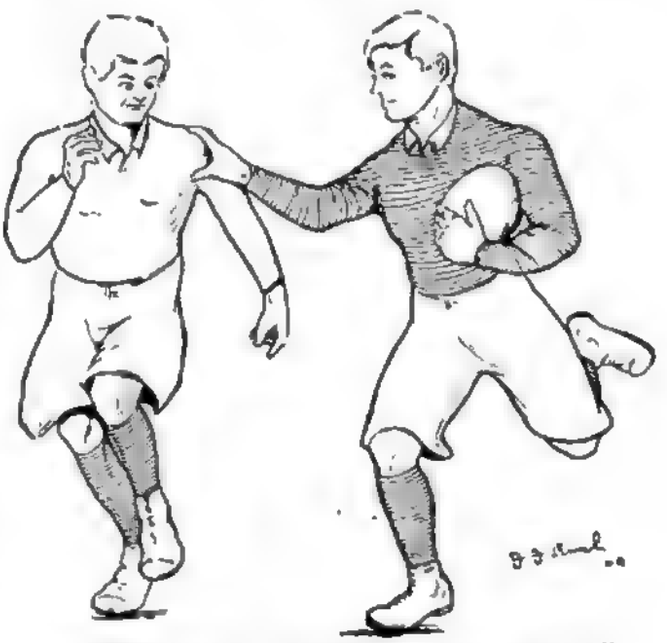
RUNNING THE RISK OF "FOOTBALL KNEE."

patient be allowed to walk a single step. The injured part must be kept raised, and on arrival home there must be no "dragging off" of boot and stocking, both should be removed by cutting.

So common is the occurrence of a sprain of the knee on the football field, that it has come to be known as "football knee." Much of the immediate treatment which has been described for sprained ankle is to be applied in the case of the knee, but, in addition, it is essential that the limb should be placed and kept at perfect rest in a splint before

MINIMISING RISK OF "FOOTBALL KNEE."

removal from the field of play (Fig. IX). There are necessarily many ways in which the knee joint is sprained. The commonest is the excessive strain thrown upon it when a player—generally a three-quarter—travelling over the ground at a high speed suddenly swerves or attempts to "dodge" an opponent at an angle which nearly approaches a right angle, by planting the heel firmly in the ground with the leg extended and outstretched (Fig. III). The limb in this position has little spring in it, it "gives" very little, as expression has it; the bones from the heel to the hip form a rigid rod with the whole weight of the body thrown on it, and by the



ANOTHER METHOD OF AVOIDING "FOOTBALL KNEE."

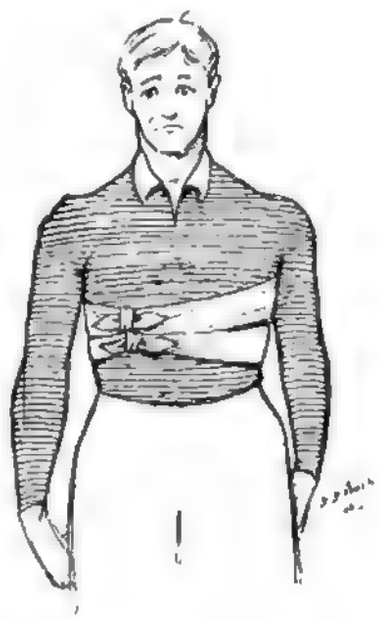
direction of the bones of the leg and thigh the whole of the strain is thrown on the knee joint, which occupies a place about the centre of the limb. A knowing and skilful player can avoid this sudden and inordinate strain upon the knee by making use of the springy arches of the foot, and hence distributing the violence of strain throughout the whole limb; this is accomplished by swerving and dodging on the toes and executing other manœuvres in beating a would-be tackler. A favourite plan in overcoming the defence of an opponent—and one to be recommended to avoid football knee—is to lessen the *length* of stride without in any way diminishing the rapidity of

BROKEN COLLAR BONE.

BANDAGES FOR BROKEN COLLAR BONE.

successive strides, or *apparently* reducing the rate of speed, and thus allowing the defender to overrun the attacking player, the latter at the psychological moment assisting the progression of the former on a false track by a "hand off," at the same time helping himself on his preconceived course (Fig. IV). Another method is for the attacking player to check his advance on his toes (not heels), bring himself *almost* to a standstill in a stride or two, with limb bent at knee, he leads his opponent to suppose, by stamping the ground with the whole of the other foot in its passage to the next stride, that he is about to go off in another direction. (Fig. V). There are, of course, many other devices by which players can avoid strain and thus minimise the risk of producing "football knee" without in any way displaying the despicable characteristics of a "funk." Hesitancy and timidity make a player more vulnerable to accidents than ever do vigour, keenness and determined action.

A broken collar-bone (fracture of the clavicle) is generally caused by a heavy fall on the shoulder or outstretched hand. Usually a player who sustains this injury says, "my collar bone is gone," he is seen to support the arm of the injured side with the hand of the opposite side, placed at the elbow, to take off the weight of the limb; there is also an inclination of the head and neck to the affected side (Fig. VI). On passing the fingers along the injured bone, an irregularity caused by a projecting end of the broken bone may readily be felt, and, on carefully baring the shoulder, the deformity may be seen. The treatment for this accident is, first of all, to place a firm pad, formed by folding one or more handkerchiefs, in the armpit. A large triangular bandage must then be placed under the elbow and forearm, and the ends brought behind the neck and pulled until the weight of the injured arm is taken off the shoulder, securely tying off. Finally, place the middle of a folded triangular bandage over the elbow of the injured side outside the supporting sling, carry the ends horizontally around the chest, fixing the arm firmly to the side (Fig. VII). If a rib be broken there is pain on breathing at the seat of injury, which is very severe on taking a deep breath. On placing the hand over the affected region a peculiar grating is felt during the acts of inspiration and expiration. The object of first aid in such a case is to limit the movement of the ribs caused by the act of breathing, and thus lessen pain. This is performed by tying two large folded handkerchiefs, or triangular bandages around the chest. The centre



BANDAGES FOR BROKEN RIB.

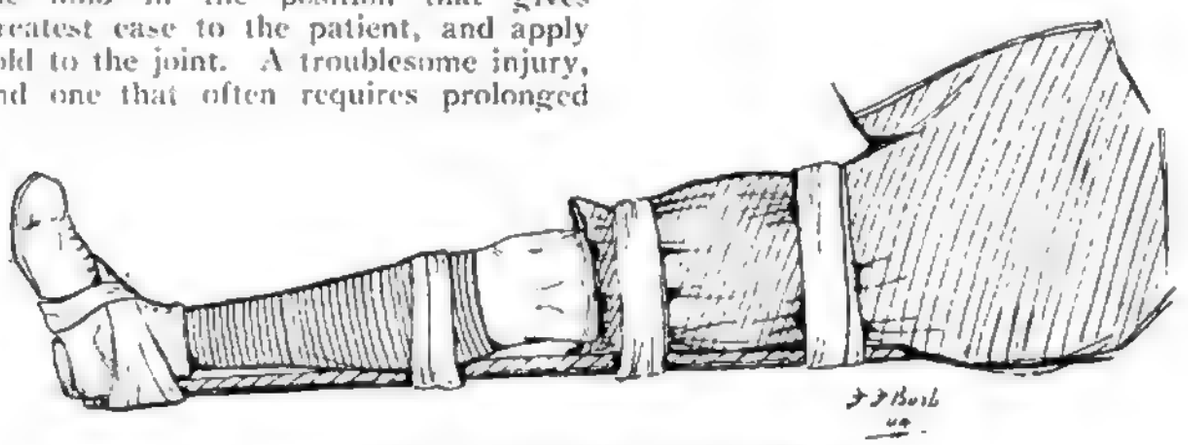
of one is placed above the point of breakage, the centre of the other beneath, but overlapping the upper bandage to half its breadth (Fig. VIII). Support the arm of the injured side in a sling. If with a broken rib, blood is coughed up, then there is also injury to the lung. *Bandages must not be applied* when this complication occurs, but the patient is to be placed at rest lying down, the body inclined a *little* towards the injured side. This position gives free play to the uninjured lung of the other side.

In all cases of broken bones in the limbs the greatest care and gentleness must be taken to prevent movement of the broken ends. Secure the limb in splints. When a bone of a lower extremity is broken, on no account must the patient be moved from the field of play until splints are firmly fixed. When there is doubt as to the nature of an injury to a limb, always apply splints. Temporary splints may be improvised from the posts of touch line flags (the flag itself forms a handy bandage, or, rolled over a portion of the flag stick, makes efficient padding). Touch judge's flags and sticks, umbrellas, walking sticks, a piece of the cross bar of a goal, etc. If a bone be "put out of joint" (dislocation), it cannot be too strongly impressed upon players that no one but a doctor must attempt to reduce the dislocation, that is, "put it in again." Such attempts by unskilled hands are fraught with many dangers. All that ought to be done until the arrival of a medical man is to place and support the limb in the position that gives greatest ease to the patient, and apply cold to the joint. A troublesome injury, and one that often requires prolonged treatment for recovery, is a sprain of the small joint situated near the tip of the shoulder, and formed by a process of the bladebone and outer end of the collarbone. It is a frequent accident to halfbacks, and is, therefore, known as "half-back" injury. First aid treatment is that for sprains, procure rest, and relieve the weight of the limb from the shoulder by placing the arm in a large sling.

When a muscle of a limb is severely strained or ruptured, treat in a similar manner as when a bone is broken. Strains and ruptures of muscles are more numerous in the early part of the football season, before players have got into condition; the obvious method of lessening the number and severity of such accidents is to improve the texture and quality of the muscular system by less violent exercises before the season commences. Sprains also would be less frequent if the muscles are well cultured, for, in addition to other functions, muscles act as the guardians of joints.

If a player be "knocked out" (concussion of the brain) by a fall or blow on the head, however momentary the insensibility may have been, the player must be prevailed upon not to take up his position again that day on the field.

The services of a doctor should always be requisitioned whenever a player is injured, no matter how apparently trifling the accident may be, and it must be remembered that the duty of anyone rendering "first aid" ends when the doctor arrives.



SPLINT APPLIED FOR "FOOTBALL KNEE."

Does Muscle make Men Slow?

By WARWICK M. VARDON.

MR. W. M. VARDON, of the St. Bride's Institute Gymnasium, has sent the following letter to me for publication. I take the liberty of reproducing the original letter from the pen of Mr. Vardon which appeared in the *Daily Express* of November 3rd, and in next week's issue I will reply to Mr. Vardon's latest communication.

The following was the original letter of Mr. W. M. Vardon, to which my article in the issue of under the above was a reply :—

To the Editor of the Daily Express.

Physical development, if of the muscle-piling order, makes men slow.

It is my experience, and the experience of hundreds of other certificated physical trainers, that a man who has trained regularly in a "physical culture" school with dumb-bells and exercisers is spoilt for gymnasium work.

The Sandow system is not recognised by the Board of Education, the London County Council, nor any physical education examining body in this or any other country; and if the system were all its compiler claims for it, surely it would obtain some recognition from educational authorities.

How is it that Sandow's system has not had the effect on our football players that he claims it has had on the New Zealanders?

WARWICK M. VARDON.

Gymnasium, Bride Lane, E.C.

My reply to that letter appears in the magazine of the 16th inst.

In answer to which Mr. Vardon sends me the following letter, which I reproduce in its entirety :—

DEAR SIR,—Mr. Sandow has neither read nor quoted my letter aright. Those who have kept *The Express* of November 3rd will see I wrote: "Physical development, if of the muscle-piling order, makes men slow." Everything depends upon *how* muscle is developed; if developed by slow movements the muscles will be slow in action, if by quick exercises the muscle will be capable of performing speedy movements. This is a proved physiological fact.

The Sandow system is of the muscle-piling order; its devotees develop muscle as fast as it is possible to do so, and they build it without considering what use is to be made of the tissue when developed. If bulk of muscle is aimed at the developing exercises must be slow, and slow exercises produce slow muscle.

Muscle-tissue that is developed by a limited number of slow, simple movements is not trained, and only trained muscle is capable of anything good in connection with games or even in ordinary life. In any emergency the man who can at once co-ordinate a set of movements and whose muscles will respond to the nerve-command, is the one who scores.

I did not write or imply that the non-physical culturist—the weak undeveloped man—is the faster man." My contention is, that the physical "culturist" is slow—those trained by systems recognised by educational bodies are not physical "culturists." I distinguish between physical culture and physical training.

Mr. Treemer may believe in the Sandow system, but athletes as noted, and of my way of thinking, have also written to the *Express*. Mr. W. G. George, in a long article, on November 15th, says: "The development of muscle only will never make a man do anything well, but a systematic development of physical and mental power will

enable any man to be at, and to do, his very best whenever he tries."

Also, Mr. Eustace Miles, champion of tennis, squash tennis and racquets for many years, in the same paper, on November 13th, writes: "I hold the opinion very strongly that the practice of strain movements of a few kinds, day after day, may be better than to exercise at all for certain people, but does not tend to quickness, neatness, and adaptability, does not tend to alertness, nerve, and poise. It is not strength to pull and to push that most of them need so much as litheness, promptitude, balance, and endurance."

I appreciate as much as anyone the immense good Mr. Sandow has done by fostering an interest in physical development, but when he claims more for his system than that it develops muscle, he is going too far.—I am, yours faithfully,

WARWICK M. VARDON.

St. Bride Gymnasium, Bride Lane, E.C.

The Crime of Alcoholism.

A local correspondent, who has been staying at Swansea, has sent us a copy of a notice which he has observed to be extensively posted all over the town, headed "Physical Deterioration and Alcoholism," and which he thinks is worthy of imitation. The announcement runs:—

"The report of the committee presented to Parliament by command of his Majesty states that the abuse of alcoholic stimulants is a most potent and deadly agent of physical degeneration. Alcoholic poisons are specially liable to tuberculosis and all inflammatory disorders. Evidence was placed before that committee, showing in abstinence is to be sought the source of muscular vigour and activity. The lunacy figures show a large and increasing number of admissions of both sexes which are due to drink. The following facts, received by the medical profession, are published in order to carry out the recommendations of the committee; to bring home to men and women the fatal effects of alcohol and physical efficiency.

"(*a*) Alcoholism is a chronic poisoning, resulting from the habitual abuse of alcohol (whether as spirits, wines, or beer) which may never go as far as drunkenness.

"(*b*) It is a mistake to say that stimulants are necessary for those doing hard work; this can usually be done better without alcohol.

"(*c*) Alcohol, while possessing stimulating properties, is really a narcotic dulling the nerves like chloroform or opium. One of its first effects in even comparatively small doses, is to weaken self-control; hence the number of crimes which occur as the result of its excessive use.

"(*d*) For persons in ordinary health the practice of drinking even the milder alcoholic drinks, apart from meals, is most injurious.

"(*e*) The habit of drinking to excess leads to the ruin of families, the neglect of social duties, disgust for work, misery, theft, and crimes. It leads also to the hospital, for alcohol produces the most various and most fatal diseases of the stomach and liver and dropsy. It also paves the way to consumption, and frequenters of public-houses furnish a large proportion of victims of this disease. It complicates and aggravates all acute diseases. Typhoid fever, pneumonia, and erysipelas are much more fatal in the subject of alcoholism.

"(*f*) The sins of the parents who have drunk to excess are visited on the children.

"(*g*) In short, alcoholism is the most terrible enemy to personal health, to family happiness, and to national prosperity."

CARDIFF AND PHYSICAL CULTURE.—Mr. E. F. Kennard (Physical Instructor, Cardiff Education Committee) lectured on Physical Culture at Clare Road Congregational Mission Hall last week before a large and appreciative audience.

THE DANGERS OF INSIGNIFICANT WOUNDS.—A Berlin physician has written an article on the dangers resulting from what are considered insignificant wounds. For instance, of 13 injuries to the thumb, permanent disability followed in 60 per cent.

MR. R. P. CRABBE.

The famous Cambridge Athlete is moving in splendid style just now. He set up a new record at Fenner's recently, in the Selywn half-mile stranger's race, winning from scratch in 1 min. 50½ secs., beating the Rev. W. E. Lutyen's previous record of twelve years ago. Since then he ran away with the mile event at the Oxford *v.* L.A.C. Meeting.

BEER DRINKING AMONG STUDENTS IN GERMANY—II.

MORE than half the inmates of our penitentiaries have been led into crime by alcohol; nearly a fourth of the insane owe their sad fate to alcohol; misery, impoverishment, and grossness of manner are due in thousands of cases to this national poison. Alcohol is the certain cause of 10 per cent. of deaths among adults. Every year in Germany thirteen hundred persons lose their lives through accidents happening as to the result of alcoholic excess. Sixteen hundred are driven by alcohol to suicide, and about thirty thousand are annually stricken with delirium tremens or other brain troubles.

The Dangerous Nature of Beer.—It is well known that alcohol has the power, when taken in small amounts, to create an uncontrollable and destructive desire for still more; hence, beer is a most dangerous drink that invites to an increased use of itself and of stronger alcoholic drinks, and in time certainly leads to drunkenness.

Professor G. Von Bunge, professor of physiological chemistry in the University of Basle, Switzerland, says: "Beer is the most injurious of alcoholic drinks because no other is so seductive. One can accustom himself more readily to the drinking of beer than any other intoxicant, and no other so readily destroys the appetite for normal food and nourishment.

"It is not only the concentrated alcoholic liquors that cause heart and kidney trouble, but pre-eminently the continued use of beer."

The Scientific American says: "The use of beer has been found to produce a species of degeneration of all the organs. In appearance the beer drinker may be the picture of health, but in reality he is most incapable of resisting disease."

Dr. S. H. Burgen, Toledo, Ohio, adds the following testimony of a practising physician: "My attention was first called to the insidious effects of beer when I began examining for life insurance. I passed as unusually good risks five Germans—young business men—who seemed in the best of health, and to have superb constitutions. In a few years I was amazed to see the whole five drop off, one after another, with what ought to have been mild, and easily curable diseases. On comparing my experience with that of other physicians, I found they were all having similar luck with confirmed beer drinkers, and my practice since has heaped confirmation upon confirmation. . . .

"Any physician who cares to take the time, will tell you that the beer drinker seems incapable of recovering from mild disorders and injuries not usually regarded of a grave character. Pneumonia, pleurisy, fevers, etc., seem to have a first mortgage on him, which they foreclose remorselessly at an early opportunity. . . . When a beer drinker gets into trouble, it seems almost as if you have to recreate the man before you can do anything for him."

Dr. S. S. Lungren, Toledo, Ohio, says: "It is difficult to find any part of the confirmed beer drinkers' machinery that is doing its work as it should. This is why their life-cords snap off like glass rods when disease or accident gives them a little blow. This is not mere opinion; but is a well-settled, well-recognised fact. Physicians and insurance companies accept this as any other undisputed fact of science."

Beer Does Not Furnish Physical Strength.—N. S. Davis, M.D., LL.D., Chicago, Ill., says, that "alcohol diminishes working ability, and power of endurance is abundantly illustrated by the thousands of beer and wine drinkers who, from twenty to twenty-five years of age, were muscular, active, capable of

any reasonable endurance, with a weight of one hundred and fifty pounds, but who, by the daily use of beer and wine have acquired a weight of two hundred pounds or more, and have lost their muscular activity and endurance to such an extent that an active exercise of twenty minutes would make them puff like a heavy horse."

The late Adolf Fick, professor of physiology in the University of Wurzburg, Germany, said: "It is quite beyond doubt that every dose of alcohol, even the most moderate, diminishes the strength."

Dr. August Forel, of Zurich, says: "Is there any alcoholic drink which, taken moderately either as a supposed tonic or as a means of nutriment, is beneficial to human health? I answer the question with a decided 'No.' Alcohol not only in strong liquors, but in diluted kinds, as beer and wine, is a poison."

The claim is continually reiterated in the name of Professor W. O. Atwater, that alcoholic beverages in moderate quantities may serve the general purposes of food. But numerous prominent medical journals have declared that Professor Atwater's own figures do not establish the claim. His experiments are no longer under the auspices of the United States Government. Indeed, instructors in physiological chemistry and kindred departments in our leading schools in Philadelphia, Cambridge, Chicago, and elsewhere, repudiate altogether the idea there is any food value in alcohol; that there is any appreciable nourishment in beer is an exploded idea in the teachings of advanced science.—*The New Century Study of the Alcohol Question.*

The Physical Aspect of Sports.

By ... A. B. PASCOE.

IN dealing with the influence of sport and games on character, we ought to remember that the motive power which produced them is an integral part of the human organism. The impulse to play is based on natural physical conditions. The necessary actions of life develop animal powers, and if no demand be made on these powers for material needs, there is an accumulation of superfluous energy which exhibits itself in play. Thus, when man first appeared on earth, the whole of nature was one hunger and hate. Life meant but to slay, to feed, to sleep, and the calls made on the powers of primitive man to sustain existence in the mammoth period left him no superfluous energy for games, even had a glacial wicket been possible!

It is a mistake to believe that play is a need peculiar to childhood, or that a favourite sport is a cultivated taste like that for tobacco or a Worth hat. The impulse is ingrained in the fibres of our physical structure. Found in man, it is shared by the higher animals—as dogs, horses; and the reason why sporting instincts are more marked in the higher classes of society is that these lead a life unconditioned by material needs. A man who breaks stones during the day has no impulse to spend his evenings in a gymnasium. Hence sport in its simplest form is the spontaneous exercise of superfluous physical powers and energies.

Sport is indulged in for its own sake. It is not a thing of necessity, and only to a modified degree is it a thing of use. The ideal character of early Greek games illustrates the true spirit. Men played for love of their chosen game, for its honour, and for delight in healthy physical exercise. In ancient Greece, as in modern England, the play-impulse has had its fullest expression.

Consider the beneficial effect of games on health, their utility in developing all natural grace and strength, and especially their effect on character. A love of sport breeds a contempt for safety and ease, a self-control, a self-reliance, courage, thoughtfulness, and keen observation. Everyone gives a preference to the society of superiors. We generally aim at what our surroundings prize, we thirst for approbation. I asked a professional lately how he accounted for the higher

standard of honour and conduct among modern professionals. He answered immediately, "We go to boarding-schools and play all kinds of games, and a boy learns not to be caddy." Sport is the greatest leveller. Look at the hunting-field. The man who is respected there is he who rides straight. He may be only some poor sporting farmer, but his position as sportsman is as good as the Duke's. In sport the man is all. We have a natural feeling of brotherhood with him who loves the same things as ourselves. There is a common ground of interests, and in essentials we forget the accidents of position and age.

The sportsman is the doer. He does the thing he fears to do. To him a threat is a refreshment. Napoleon maintained that he was not himself until the battle began to go against him! So it is with the sportsman; calm and patient, "the chance God sends that chance he takes." He can help himself and others in a world full of infirm people who incessantly shout for others to save them. He is the modern Bayard or Sidney. Simplicity and vigour are his characteristics. He believes in cause and effect, and knows too much of life to be sceptical. In him there is less of that restless shift of mood from mood. He finds life well worth living, and that it is no small thing to enjoy the sun, the note of the cuckoo, and the flame and frankincense of the whin on the uplands. He has not the shame of dreams for deeds.

No other present-day nation can be explained by its games as can the English. The old energy of the Norse races that crowded this island, exhibited itself more and more in sport as civilisation increased, and the bias of the Englishman's mind has reacted on the Englishman's character. English playgrounds have taught men not to poison or to assassinate, but to pound each other into poultices, a "healthy, straight-forward action" as someone remarked. It is said our success is due to insular position, open markets, and political and personal liberty. What about the influence of other sports? We fertilise the waste places of the earth, but only after we have laid our dead to rest in the solitary unmarked graves of the hunter and the colonist does the overflow of other nations hasten to wear the land we have won. The Roman Settlement was but a garrison, and the Teutonic invasion but the visit of a German band on a large scale as compared with the colonisation of the English-speaking peoples of to-day.

Out from the cricket fields of England, to North and South, to East and West, pass the English lads. They burn down the jungle, and they people the veldt. Their blood reddens the sands beneath the Southern Cross, and their bones whiten with those of the bear on the frozen wastes that gird the North Pole. England's burying grounds are the sands and the sea. Her sons love to face death in the open, a rifle or a spade in the hand. They fall, but others step forward immediately to fill the gap. There is a heroism in the commonplace of common days abroad.

Wandering Scot, roving Saxon, and fiery Celt, fly the Union Jack in the winds of danger, difficulties, and death: the English flag is only lowered to form their shroud!—(*Madame.*)

QUENCHING THE THIRST.—(Prof. Flinders Petrie in London *Times*).—At temperatures of 100 degrees and over, a gallon of drinking water a day is fairly requisite, but the time of taking it is all-important. The opportunity to wash out muscular waste without too much loss by the skin is at night. After sunset as much water as possible should always be at hand. After freely drinking thus, there is nothing left to eliminate in the morning, and no need of water will be felt in less than five or six hours of hot exercise. During the day as little as possible should be taken, as it is lost in perspiration. The practical point is that an unstinted supply should be ready as soon as camp is reached, and always at hand until the morning. If after that none was allowed till noon it would be an advantage. The greatest safety against sunstroke is in free evaporation from the nape of the neck. When in good order the nape should be wet and quite cold to the touch in the hottest weather. If it is not perspiring, wetting it artificially will help to start it right. So long as it is wet and freely uncovered no discomfort is felt from any heat. It is obvious that high, tight-fitting tunics and collars are the worst clothing for such conditions. Other animals, such as camels, have also large and very active sweat-glands on the neck at the base of the skull. The application of some obvious common-sense to the difficulties found in hot climates would save constant suffering and a good deal of illness.

Here, There and Everywhere.

£50 PHYSICAL TRAINING SCHOLARSHIP.—The St. Bride Foundation Physical Training College, Bride Lane, Fleet Street, London, E.C., is offering a physical training scholarship, value £50 (non-residential) for competition among new students entering for a two-year course, commencing January, 1906. All applications must be sent to the clerk or manager to the governors, or to the gymnasium instructor, from whom all further particulars can be obtained.

ROAST BEEF *not* "ENGLISH."—According to *T.P.'s Weekly*, "roast beef," the term so particularly associated with England, is an adaptation of the French words "rôt-de-boeuf."

WELL DONE! MR. DENBIGH JONES.—A letter was read at the last meeting of the Llanelly Education Committee from Mr. Denbigh Jones, head-teacher, stating that he would like to take a little more interest in the physical culture of the boys in the school than had been done hitherto. He desired to take periodical measurements as to height, weight, etc., and pointed out that in the majority of schools this was done, and printed forms were secured for entering the same. He would require a set of scales and weights. Mr. S. H. Bevan said it might induce boys to take more interest in their physical culture. Mr. David suggested that the teeth and eyes should also receive attention. The headmaster's request was referred to a committee.

Thoughts and Ideas.

I do not believe that alcohol in any form ever has or ever will do anyone any good. I am now sixty years old, and since I have entirely given up wine, spirits, and beer I find I can do as much work or more, physically and mentally, than I could do when I was thirty. I am always well; always cheery; laugh at the "downs" of life equally with the "ups"; and always feel fit and in condition. If only some of the young men would try going without liquor for three months I do not believe they would think liquor at all necessary again. Get some of your splendid young men to try it, and "report proceedings" after the three months. —ADMIRAL LORD CHARLES BERESFORD.

SHOOTING AT SCHOOL.—Lord Egerton of Tatton has received a letter from the Marquess of Londonderry, president of the Board of Education, with reference to military drill and the use of the rifle as part of the curriculum of schools receiving grants from public funds. In his private capacity, says Lord Londonderry, he sympathises with the movement, but "I am bound to say that in my judgment a step so serious as the establishment of a State-organised system of military drill and the use of the rifle in all schools receiving grants from public funds can be taken, if at all, only when the voluntary efforts to which Lord Roberts' appeal directly points have proved successful and have shown that people are ready not merely to approve the idea, but to give substantial assistance in working it out in their own neighbourhoods. Moreover, the taxpayers have already to bear no small burdens, and to impose a large new burden, before the country has given any tangible proof that it welcomes the purpose for which the charge is imposed, is hardly within the bounds of possibility. I venture to suggest that a movement in the first instance on local and voluntary lines is the best method at present available for working towards the object which is sought."

BRITISH AND NEW ZEALAND ATHLETICS.—Amongst the many British institutions that are now being impugned by the pessimists that insist on the decadence of the British race, is the British athletic arena. The victories of the New Zealand team in this country have led to conclusions that strengthen the outcries of those who declare that we are an effete race. They say that even British sport, in which we regarded ourselves as supreme, is in a bad way, because there are no longer any stalwarts, or at least fewer stalwarts, from which to make athletes. All this because a picked team of New Zealanders have beaten a few clubs in England where Rugby is no longer representative of the country. As a matter of fact, the New Zealand victories are due to original methods and better strategy—the result of the keenness of the game in New Zealand where it is a passion. New Zealand pessimists might very well argue in the same way about their own physique if a picked team of English "Soccer" players visited their shores. But, as a matter of fact, except perhaps in wrestling, in which a foreign monopoly seems to be the vogue at present, the British race is still supreme in all-round sport. Oxford and Cambridge can still beat Yale and Harvard at rowing. The blue ribbon of Henley is still outside the grasp of American or Continental oarsmen. The American tennis cracks cannot claim an advantage over their British rivals. Golf is yet a British monopoly. Our only rivals in cricket and our quondam conquerors have left the "ashes" in the old country. In athletics, running and jumping, we have still our Shrubb and O'Connor; and in other feats there are at present a galaxy of Highland athletes worthy of the traditions of Donald Dinnie.—*Bradford Argus.*

On and Off the Wrestling Mat.

By "LANCASTER."

JIU-JITSU *v.* FRENCH BOXING.

JIU-JITSU, championed by a typical Southern - looking Frenchman, whose name is Régnier, but who calls himself Ré Nié, in order to appear more Japanese, has beaten French boxing, represented by a professional, Dubois, in one minute. The match, announced weeks ago, came off recently. It was trumpeted day after day to such an extent that people began to mention the word "bluff." It has now been fought, but it gave very poor sport. About two hundred persons gathered to watch it in a motor factory at Suresnes, among them being representatives of the Japanese Legation, several ladies, a swarm of photographers, and a police official prepared to take out a summons against either of the antagonists if he seriously damaged the other.

The rules of the match were in some respects alarming, as they allowed every sort of blow except "gouging the eyes out," biting and some other amiable practices. However, it all passed off very gently, and Dubois threw up the sponge almost at the outset. He is a well-built but small and rather spare man, reputed to be a past-master in French boxing, which includes kicking. Ré Nié is no taller, but much thicker and more muscular. I saw him in his sweater and drawers the other day, and he looked certainly powerful. On this occasion both he and his adversary wore ordinary town suits, both navy-blue, and ordinary boots—a dress which seemed strange for boxing, linen collars being, however, dispensed with.

Champions of French boxing have for weeks been demonstrating on paper that jiu-jitsu, whatever it may be, is no good against a kick, because the latter keeps you, so to speak, at leg's length. But the answer as regards both jiu-jitsu and also English boxing, is, of course, that the English boxer or the jiu-jitsuist does not let the other man keep him at a distance. Once closed with, the French boxer, whose fist practice is invariably poor, is not in it against the English pugilist—as was proved some years ago in the famous Driscoll and Charlemont match—and is still more nonplussed by jiu-jitsu.

This exciting encounter was short and decisive. At the signal Dubois lunged out with a fierce kick aimed at the chest. Ré Nié avoided it easily, and closed at once. In an instant Dubois was down, his arm caught backwards and another second later he was calling halt. Getting up he frankly confessed himself beaten. He felt that Ré Nié had caught his arm at the articulation, and would have snapped it had he held out a moment longer. This was, of course, one of the classic tricks of jiu-jitsu, called the "arm lock," as Ré Nié explained. Obviously, once he had got his hold, no boxing, English or French, could withstand the jiu-jitsu wrinkle. The match lasted exactly one minute. Ré Nié has got a splendid advertisement out of it for a jiu-jitsu school which he runs near the Champs Elysée. It is said that there is also a school of jiu-jitsu just opened among the hooligans of La Villette.

The Prefect of Police, M. Lépine, seeing how easily the Jap athlete vanquished his redoubtable opponent, has decided to make jiu-jitsu a branch of education in "the force," as in London. M. Lépine knows only too well how often his men have been baffled and mauled by hooligans deft at kicking, and muscular dodges of sorts. No hooligan living, however herculean he might be, could stand for many seconds before a Jap master of jiu-jitsu. So the Paris "bobby" is to be drilled in the art. And Jap professors will have to be engaged.

MILITARY DRILL AT SCHOOLS.

New War Office Requirements.

In the latter part of 1901 the War Office, at the invitation of the Incorporated Association of Headmasters, considered certain proposals for the encouragement of military drill in secondary schools (vide *The Standard*). At the outset it was agreed not to interfere in any way with Volunteer cadet corps, which were held, on the whole, to be working very satisfactorily.

During the intervening four years the movement has progressed steadily until at the present time most of the schools teach drill more or less to boys over the age of twelve years. The introduction of the training has not, however, been without its difficulties in some of the schools, owing partly to the apathy displayed by some headmasters, and partly to the inroad made upon the already limited hours for school lessons. Happily, there has been a great improvement noticed in these drills during the past few months, attributable, no doubt, to the prominence of the subject just now with the public.

The help offered by the War Office has gone in the direction of furnishing drill instructors at the cost of the school from pensioner and reservist non-commissioned officers, and by instructing adjutants of Volunteers to carry out an annual inspection of the boys in each school within the recruiting area of the corps to which they belong. Some schools have not been able to bear the expense of Army instructors, and have consequently depended on the military knowledge of junior masters, and the lack of proper training is plainly evident when the adjutant makes his annual inspection. Volunteer adjutants are just now completing their inspections of the secondary schools with a view of furnishing reports to the War Office next month.

This year the authorities require detailed information as to the number of boys who are exercised at Morris tube practice, as it is hoped to shortly increase the facilities for school practice if the Education Department and County Council can meet their wishes. It was hoped that there would be some co-operation in regard to rifle shooting between the schools and the local Volunteer corps, but different corps have not been able to give the facilities desired, although not lacking in sympathy with the movement. An appeal may, therefore, be made shortly by the secondary schools for further assistance to enable them to more thoroughly comply with the requirements of the Army Council. After all, the cost of efficient instructors is a heavy tax on small schools, and Army pensioners and reservists do not generally possess any scholastic qualifications of use to the school, so that they may be continuously employed as assistant masters.

Some system of sending out non-commissioned officers from the nearest depot or regiment to schools, for certain hours in the day would apparently meet the difficulty. These men might be given cycle allowance and thus reduce the cost of travelling. Given qualified instructors, a few arms, and a liberal allowance of ammunition, this movement in favour of boys' rifle shooting would be crowned with success, and the cost would be small.

ALL the world's a stage, and all the numerous doctors merely ushers—both ways.

STUDENT.—"How is it, doctor, that I always take a cold in my head?"

DOCTOR.—"It is a well-known principle, sir, that a cold is most likely to settle in the weakest part."

PHYSICIAN (to patient)—"You should take two grains of quinine every hour or half-hour."

PATIENT.—"Great Scott! Doctor, isn't that rather often?"

PHYSICIAN.—"No. Take it in a little whisky."

PATIENT.—"All right. Two grains every—how often did you say?"

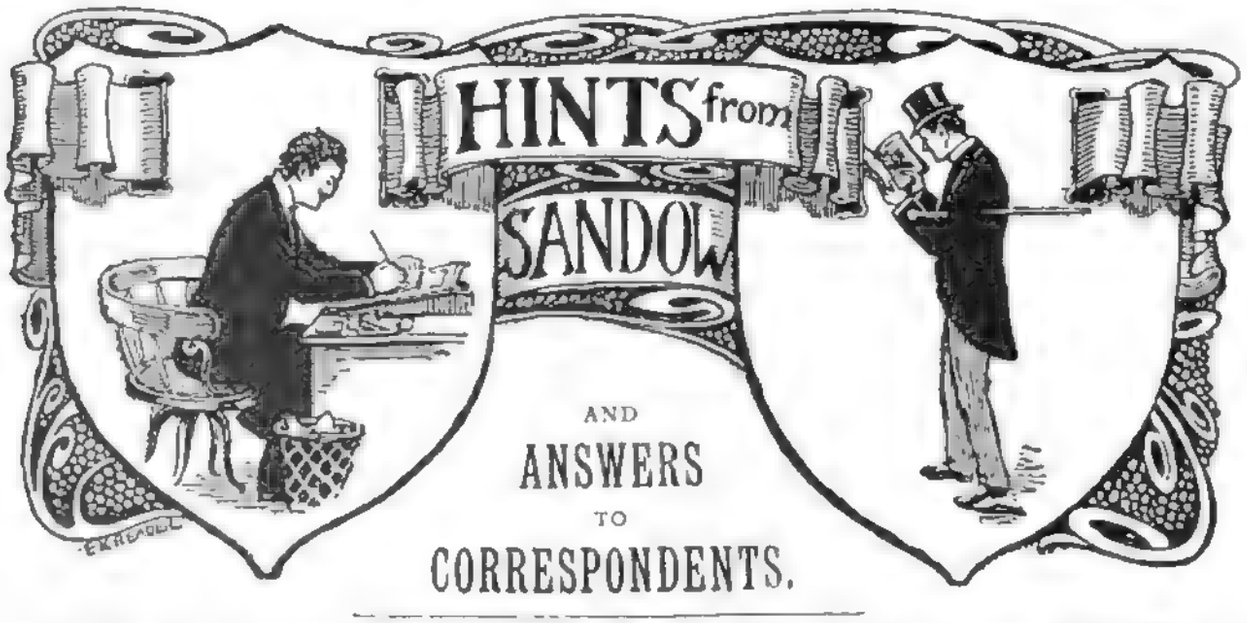
PHYSICIAN.—"Every hour or half hour."

PATIENT.—"All right, doctor. Two grains every half hour."—*The Retail Druggist.*

TOO GOOD TO LIVE.—The Patient: "There's something wrong with my heart, Doctor. I fear I am not going to live very long!"—The Doctor: "Nonsense! Give up smoking."—"I never smoke, Doctor."—"Well, stop drinking!"—"Never drank liquor in my life."—"Well, you must keep earlier hours, then!"—"I'm never out of bed after nine o'clock."—"Oh, well, my dear Sir, I think you had better let nature take its course. You're altogether too good for this world!"

Some men were born for great things,
Some men were born for small,
Some—it is not recorded
Why some men were born at all.

WILL CARLETON.



ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

JIM (KENSINGTON, S.W.) asks how he is to know what are digestible and what are indigestible foods.

Answer: Well, here's a triple division list:—

EASY.—Mutton, Venison, Hare, Chicken, Sweetbread, Turkey, Partridge, Pheasant, Grouse, Beef Tea, Mutton Broth, Milk, Turbot, Haddock, Flounder, Sole, Oysters (roasted), Bread, Rice, Tapioca, Sago, Arrowroot, Asparagus, French Beans, Cauliflower, Baked Apples, Oranges, Strawberries, Peaches, Oatmeal, Prunes.

MODERATE.—Beef, Lamb, Rabbit, Pigeon (young), Duck, Wild Waterfowl, Woodcock, Snipe, Soups, Eggs (not hard boiled), Coffee, Butter, Turtle, Cod, Trout, Oysters (raw or stewed), Cocoa, Potatoes, Raspberries, Farinaceous Puddings, Marmalade, Rhubarb, Cooked Fruits.

HARD.—Pork, Veal, Goose, Liver, Brain, Salt Meat, Sausages, Hashes, Mackerel, Salt Fish, Lobster, Crabs, Shrimps, Mussels, Oil, Eggs (hard), Cheese, Bread (new), Muffins, Pastry, Cakes, Custards, Nuts, Pears, Plums, Chestnuts (raw), Pineapples, Cucumbers, Carrots, Parsnips, Mushrooms, Pickles.

D. L. T. (CHICHESTER) writes: What is the reason of my feeling rather dizzy after having run from my work to dinner? I feel it when I stop, just for a few minutes.

Answer: From the other particulars you give me the indigestion would appear to be the cause of your trouble. Your circulation, if sluggish, would also be aroused by the running, and the violent stimulation would give rise to the dizziness. Better not run until you are stronger. Especially do not run *after* dinner.

LOSS OF VIGOUR (NEWCASTLE-ON-TYNE) writes that he is "all wrong." He is weak, miserable and lacking in energy, and wishes he were dead.

Answer: I do not wonder at your feelings, yet, if you wish to save yourself, you must rouse up. Your best plan would be to take a course of Treatment under my direction. In this way you would have close supervision and direction over an extended period (up to 12 months), and long before the end of this time your feelings, which are merely the reflection of your bodily and mental conditions would, I promise you, undergo a radical change for the better. Write for a copy of my treatise, entitled: "Curative Physical Culture," gratis and post free on application to me at 17-18, Basinghall Street, London, E.C.

NERVOUS DYSPEPSIA (BRIGHTON) asks if there is a cure for his trouble.

Answer: Yes, if you will make up your mind to pursue the right method with perseverance. The tonic you are using will not permanently reform your debilitated condition, and that is what is required in your case. See advice to Loss of Vigour.

MUSCLE.

A Natural Method of Curing Illness without the Employment of Medicine or Drugs.

. . THE . .

Sandow Treatment

And its Beneficial Effects on the Muscular & Nervous System.

In reality, muscle plays a very important part in the health of the body, and upon the condition of the muscular tissue surrounding the various organs depends whether a person is healthy or ill.

It must be remembered that the great organs of digestion and evacuation are all enveloped in and operated by muscle.

Nervous ailments are notoriously difficult to cure. Yet in all cases of nervous disorders the Sandow Treatment has proved itself an absolute remedy. Why is this?

Simply because the treatment is based on a thorough understanding of this most delicate portion of the body, and only natural means are employed in restoring it to health.

Every nerve ends in muscle, and unless the nerve itself and the muscle are washed by rich, healthy blood, disease ensues.

Nervous Breakdowns.—Whenever a breakdown takes place there will be pain and discomfort. In order to cure, the exact area where the nerve is must be discovered; then, by skilfully directed movements, a regular supply of pure blood must be caused to travel to the spot. This is precisely why the Sandow Treatment is so successful. No medicine or drugs are employed, and instead of pampering the diseased nerve, it is toned up to a sound, healthy condition.

NERVES.

Thousands of sufferers from such ailments as **indigestion, constipation, insomnia, loss of vigour, and various nervous and functional disorders** have already found relief and cure from a course of the Sandow Treatment.

INVITATION TO INVESTIGATE.—If you are a sufferer from any of these illnesses you, too, can be cured quickly and permanently. The treatment entails no inconvenience, and is endorsed by leading medical men.

Those who are the victims of any of these ailments will be interested in Sandow's Book on "Curative Physical Culture," which describes the treatment fully, and a copy of which will be sent free to all applicants describing their ailments, so that a thorough investigation of the methods and results is made before it is undertaken. Write at once for a copy to EUGEN SANDOW, Dept. S., **17, Basinghall Street, London, E.C.**

ENERGY IN BUSINESS.

* * *

MUCH has been written and spoken about the tension and pressure of modern life—especially commercial life—which is represented as being in a state of constant turmoil and excitement. No greater error was ever imagined. Not one man in a thousand has all his mental canvas spread; human sails are mostly furled, and youthful ships are constantly seeking the quiet refuge of a pleasant roadstead. Whence comes this great misunderstanding? It is because, viewed from a distance, our industrial hives appear to be a teeming mass of ceaseless action; but, on closer inspection, it will be found that much of the humming is done by drones, and that even the working bees linger on the sweetest flowers. In place of tension and pressure, lassitude and laziness often reign supreme. Our greatest workers could mostly do more; while the great majority could scarcely do less. Government officials have earned for themselves the reputation of "playing," like the fountains in Trafalgar Square, from 10 to 4. The hours of bank clerks are little more, and the responsibilities certainly not greater. Many mercantile offices open when their Continental prototypes are thinking of an interval for lunch. Early closing days and Saturday afternoon holidays are direct contradictions of the popular delusion regarding work, and the sooner this is recognised the better, in order that the rising generation may not grow up with false notions of their industry. Let them be impressed with the ease, and not the hardships, of their position; and, above all, let them see what a scope there is for energy amid such a mass of indifference and incapacity. Good and efficient men are scarce in every trade and profession; employers are always looking out for them, and only find one here and there. Slowness of promotion is not caused by want of positions, but by want of men to fill them. There is room at the top of the tree while the lower branches are creaking with the strain of the numbers upon them, many of whom, indeed, envy the upper boughs, but never attempt to climb them. They would like to be pitchforked up, but they have not the energy to get there themselves. Let anyone who doubts this view ask himself if he is really using all his powers. Is his education so perfect that there is nothing more for him to learn? Does he rise so early in the morning that he couldn't wake an hour earlier and devote the extra time to physical or mental exercise? How much time a day is spent doing nothing, and thinking of nothing in particular? What books does he read, and what news attracts him most in the newspapers? Light literature and frivolities would be the probable answer, and yet these are the very men who grumble at the prospects of life. Luck, they say, is against them, when all the time it is laziness. Examine, on the contrary, the lives of successful men. It will be found that their success is owing to an extra amount of energy. Their spare moments have been utilised; winter evenings have been spent in study; summer nights in contemplation. They have thought thoughts, grasped opportunities, added to their stock of information, and not despised the experiences of others. The latter fact is of great importance, as it constitutes the difference between a wise man and a fool, who will not even benefit by his own experience. Let everyone look round and see if there is nothing he can do to make himself more valuable to the world. Watch for opportunities, and while waiting for them acquire knowledge. It is an excellent ground-bait to attract large fish. Be prepared with strong mental tackle that will stand the strain of reverses and disappointments. *Have no slack line.*

		s.	d.
SCIENTIFIC BOXING. By JAMES J. CORBETT. With fifty full page illustrations	Post Free...	0	7½
SCIENTIFIC BAG-PUNCHING. By Champion HARRY SEEBACK. With thirty-two full page illustrations	Post Free...	0	7½
PHYSICAL CULTURE. By Prof. EDWARD ITTMAN. With twenty full page illustrations	Post Free...	0	7
OFFICIAL BASE-BALL GUIDE. JOHN J. MCGRAW. With thirty full page illustrations	Post Free...	0	7½
JIU-JITSU: The Japanese System of Physical Culture. By M. OHASHI. With thirty-five full page illustrations	Post Free...	0	7½
JIU-JITSU TRICKS. By K. SAITO. With fifty-two full page illustrations	Post Free...	1	1½
PHYSICAL CULTURE for WOMEN. By BELLE GORDON. With thirty-two illustrations	Post Free...	0	7½
ARMY EXERCISES. By FRANK IDONE. With twenty-four illustrations	Post Free...	0	7
SCIENTIFIC WRESTLING. By G. BOTHNER (Champion Lightweight of the World). With seventy-three full page illustrations	Post Free...	1	2½
BOXING: And how to Train (Just Published). With sixty-three full page illustrations. The most complete book ever issued on Boxing	Post Free...	1	1½
CLUB SWINGING. By GUS HILL & TOM BURROWS (World's Champions). With thirty-four illustrations	Post Free...	0	7½
DUMB-BELL EXERCISES. With thirty full page illustrations ...	Post Free...	0	7
THE OFFICIAL BOOK OF RULES for all Sports. With nineteen full page illustrations	Post Free...	0	7½
SWIMMING. Illustrated. By MONTAGUE A. HOLBEIN.	Post Free...	1	2½
CRICKET. By C. B. FRY and other eminent cricketers	Post Free...	1	2½
TRAINING for Athletics and General Health. By HARRY ANDREWS	Post Free...	1	2½
ANGLING IN RIVERS, LAKES & SEA. Illustrated. By W. M. GALLICHAN	Post Free...	1	2½
ASSOCIATION FOOTBALL. By J. L. JONES, Captain of Tottenham Hotspur	Post Free...	1	2½
RUGBY FOOTBALL. By JEROME J. RAHILLY	Post Free...	1	2½
MODERN PHYSICAL CULTURE. Illustrated. By C. LANG NEIL.	Post Free...	1	2
BOXING. Illustrated. By A. J. NEWTON....	Post Free...	1	2½
DUMB-BELLS, CLUBS AND BAR-BELLS. With 150 illustrations. By A. G. LAMMAS, Sergt. Instructor, Army Gymnastic Staff.	Post Free...	1	2½
WALKING. Illustrated. By C. LANG NEIL	Post Free...	1	2½
ROWING AND SCULLING. Illustrated. By W. G. EAST, Bargemaster to His Majesty King Edward VII	Post Free...	1	2½

All Orders executed by return of Post.

ADDRESS: MANAGER, SANDOW'S MAGAZINE CO.,

131 TEMPLE CHAMBERS, TEMPLE AVENUE,

LONDON, E.C.

Digitized by Google

AMUSEMENTS.

THEATRES.

ADELPHI—At 8.30, "A Midsummer Night's Dream." Mat. Wed. and Sat. at 2.30.

CAMDEN—At 7-45, "Romeo and Juliet."

CORONET—At 8, "The Duchess of Dantzic." Mat. Sat. at 2-30.

COMEDY.—At 8.50, "The Mountain Climber," 8.15, "The Little Father of the Wilderness."

COURT—At 8-15, "Man and Superman." Mat. Wed. at 2-30.

CRITERION—At 8.30, "The White Chrysanthemum." Mat. Wed. and Sat. at 2-30.

DALY'S—At 8.30, "The Little Michus." Mat. Wed. and Sat. at 2-30.

DRURY LANE—At 8, "The Prodigal Son." Mat. Wed. and Sat. at 2-0.

DUKE OF YORK'S—At 8.15, "Sherlock Holmes." Mat. Thurs. at 2.30, Sat. at 2.15.

GAIETY.—At 8, "The Spring Chicken." Mat. Sat. at 2.

GARRICK—At 8-0, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Merchant of Venice." Mat. Wed. and Sat. at 2-0.

HAYMARKET—At 8.30, "A Privy Council;" at 9.10, "Lucky Miss Dean," Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—At 8.0, "Oliver Twist." Mat. Wed. and Sat. at 2-15.

IMPERIAL—At 8-45, "The Perfect Lover." Mat. Wed. and Sat. at 2.30.

LYRIC—At 8.15, "The Blue Moon." Mat. Sat. at 2.15.

MARLBOROUGH — At 7-45, "Leah Kleschna." Mat. Thurs. at 2.30.

NEW—At 8.30, "The American Widow;" at 9.0, "Captain Drew on Leave." Mat. Wed. and Sat. at 3.

PRINCE OF WALES'—At 8-15, "Lady Madcap." Mat. Wed. at 2-15.

SAVOY—At 8-15 "Back to the Land;" at 8-50, "What the Butler Saw," Mat. Wed. and Sat. at 2-30.

SCALA—At 8-0, "Mrs. Grundy." Mat. Sat. at 2-0.

ST. JAMES'S—At 8.30, Mr. and Mrs. Kendal in "The Housekeeper." Mat. Wed. at 2.30.

VAUDEVILLE—At 8-15. "The Catch of the Season." Mat. Wed. and Sat. at 2-15.

WYNDHAM'S—At 8-45, "Public Opinion." Mat. Sat. at 2.30.

WALDORF—At 8.30, "La Main;" 9, "Lights Out." Mat. Wed. and Sat. at 2-30.

VARIETY THEATRES.

ALHAMBRA—At 7-45, Grand Varieties. New Ballet Divertissement, "My Lady Nicotine."

COLISEUM—Three performances daily, at 3, 6, and 9. Seats in all parts numbered and reserved. Prices from 2 guineas to 6d.

EMPIRE—Varieties. New Ballet Divertissement "The Bugle Call," 8-15. Mat. Sat. at 2-15.

LONDON HIPPODROME—Daily, at 2 and 8 p.m. An entertainment of unexampled brilliance.

OXFORD—Varieties. Always a good Company. At 7.30. Sat. Mat. at 2-15.

PALACE—At 7-45. The Finest Variety Entertainment in London, including a New series of Bioscope Pictures at 10-45. Mat. Sat. at 2-0.

LONDON PAVILION—Varieties. The coolest and best ventilated theatre in the world, 7-30. Sat. Mat. at 2-15.

TIVOLI—Varieties. A Galaxy of Stars. Doors, 7-30. Sat. Mat. at 2-15.

LYCEUM—Varieties at 6-30 and 9-0. Mat. Mon. and Sat. at 2-30.

ENTERTAINMENTS.

ST. GEORGE'S HALL—Daily at 3 and 8. England's New Home of Mystery.

HENGLER'S ROYAL ITALIAN CIRCUS, Oxford Circus, W.—Largest animal circus extant. Daily 3 and 8.

Digitized by Google

SANDOW'S
MAGAZINE AND PUBLISHING CO.

EXERCISES for the HAND and ARM.

FOR PIANISTS.
FOR THE CURE OF WRITER'S CRAMP.
FOR PARALYSIS AND NERVOUS DISEASES OF THE HAND AND MUSCLES OF THE FOREARM.

Post Free, 1/2.

Sandow's Strength: And how to obtain it.

THIRD EDITION.

	s.	d.
With Anatomical Chart showing the Exercises for Physical Development of Men, Women and Children. Mr. SANDOW has thoroughly *Revised* and brought up to date the present editions and has also added much additional matter, including chapters on "Physical Culture for Women" and "Physical Culture for the Middle Aged" ... ... Post Free...	2	9
The Anatomical Chart can be obtained separately from the book 1/1 or mounted on linen ... ... Post Free...	1	7

BOXING: The modern system of Glove Fighting.

By Captain EDGWORTH JOHNSTONE ... ... Post Free... 2 9

BODY BUILDING. (Just Published) Post Free... 1 3

HINTS FROM SANDOW.

(Revised Edition). By the Rev. R. L. BELLAMY ... ... Post Free... 1 2

"A book which points out in a most interesting way that health and strength of body go hand in hand with health and vigour of mind."—*Manchester Courier.*

THE ART OF BREATHING.

By SURGEON-CAPTAIN HOPER-DIXON, A.M.S. ... ... Post Free... 1 1

DEVELOPER. 12/6 each. One will serve a whole family.

GRIP DUMB-BELLS.

Children's ...	5/- per pair.	Youths' ...	10/6 per pair.
Boys' and Girls'	7/6 ,,	Ladies' ...	10/6 ,,
	Men's ...	12/6 per pair.	

Embrocation.
1/4½ per Bottle, Post Free.

Plasmon Cocoa.
Per Tin, 9d., 1/4, 2/6.

Symmetrion.
For Ladies, 12/6

Plasmon Chocolate.
Per lb., 3/-, 5/-.

All Orders executed by return of Post.

ADDRESS: MANAGER, SANDOW'S MAGAZINE CO.,

131 TEMPLE CHAMBERS, TEMPLE AVENUE,

LONDON, E.C.

"The Most Perfect Form of Cocoa."
Guy's Hospital Gazette.

Fry's Cocoa

..PURE..
CONCENTRATED

FRY'S PURE CONCENTRATED COCOA—
"The Richest in flesh-forming and energy-producing constituents. There is no better food."—Dr. Andrew Wilson, F.R.S.E.

THE OLDEST HOUSE IN THE TRADE. *Estab. 1728.*

START CURING YOURSELF TO-DAY.

If you are suffering from any disease due to an impure state of the blood, it is a serious matter, and does not admit of delay. Before you can be restored to health the impurities must be driven out. All Blood and Skin Diseases, such as

Eczema,	**Bad Legs,**	**Abscesses,**
Scrofula,	**Blood Poison,**	**Boils,**
Scurvy,	**Rheumatism,**	**Pimples, etc.,**

can be positively cured by taking a course of Clarke's Blood Mixture, the World-Famed Blood Purifier. This famous medicine is warranted to cleanse the blood from all impurities, *from whatever cause arising.* Thousands of testimonials have been received from all parts of the world. A recent case is given below:—

WONDERFUL CURE OF ECZEMA.

Dear Sirs,—After long suffering from eczema, being so bad I could not get on my feet for weeks, I was persuaded by my sons to try Clarke's Blood Mixture, which they purchased for me. I am so pleased to tell you the result. After taking several bottles I am able to walk out to work and home again at night in pleasure and comfort, although I am sixty-five years of age. I feel so grateful to you for my cure that I should like the public to know of it, and will answer any enquiries. Yours truly, CHARLES MORTOCK, Gazeley, Newmarket.

Of all Chemists and Stores. Ask for—

CLARKE'S BLOOD MIXTURE

THE WORLD-FAMED BLOOD PURIFIER.
BEWARE OF IMITATIONS.

Printed by THOMAS & BURCHELL, LTD., High Street, Poplar, and Published by the Proprietors, at 131 Temple Chambers, London, E.C.